



THEERANAIPUNYA

A Capacity Building Training Programme for Fisherwomen

A CMFRI - SAF Initiative
2016 -2017

Course Director
Shyam S. Salim
Principal Scientist
CMFRI, Kochi

ICAR-Central Marine Fisheries Research Institute
Post Box No: 1603, Ernakulam North P.O.
Kochi - 682018, Kerala, India
www.cmfri.org.in

THEERANAIPUNYA
Capacity Building Training Programme for Fisherwomen
A CMFRI - SAF Initiative
2016 -2017

Shyam S. Salim

Principal Scientist and Course Director
Socio Economic Evaluation and Technology Transfer Division
Central Marine Fisheries Research Institute, Kochi.



ICAR-CENTRAL MARINE FISHERIES RESEARCH INSTITUTE
(Indian Council of Agricultural Research)
Ernakulam North P.O, Post Box No. 1603
Pin. 682 018, Kerala, India
www.cmfri.org.in





Front Cover



Back Cover

*Shyam. S .Salim (2017)
Theeranaipunya- A Capacity
Building Training Programme
for Fisherwomen. Technical
Report. Central Marine
Fisheries Research Institute,
Kochi.pp.87*

THEERANAIPUNYA - A Capacity Building Training Programme for Fisherwomen.

Course Director

Shyam .S .Salim
Principal Scientist,
ICAR- CMFRI

Technical Assistance

Reeja Fernandez

Designs

Abhilash P.R

Citation:

Shyam. S .Salim (2017) Theeranaipunya- A Capacity Building Training Programme-2016-17 Technical Report. ICAR- Central Marine Fisheries Research Institute, Kochi.pp.87

Published By

Dr. A. Gopalakrishnan
Director
ICAR-Central Marine Fisheries Research Institute
Kochi – 682 011

Foreword

Women continue to remain the real architects of a developed society even though many a times their services are unnoticed and under rewarded. The fisherwomen in Kerala assume significance due to their involvement in fish related activities leading to distribution, availability and value addition. The traditional fisherwomen play an pivotal role in the fisheries sector in terms of their involvement in fish related activities viz., fish vending, fish drying, prawn peeling, sorting, grading, fish packing, and net making. With the changing scenario and the increasing social welfare schemes from the government to revive this sector, the youth of this community has started participating in the socio economic activities of the society and therefore there is a need to reshape their own perception of how they view themselves. The main objective of this training is to screen out those barriers that stand in the way for their overall development. The training sessions will provide insight to gain new skills that will improve their functional efficiency and will help them to step up as women youth and take the lead to revive their community.



The Central Marine Fisheries Research Institute, Kochi (CMFRI) is a reputed ICAR organization which deals with various issues pertaining to fisheries and fisher folk. CMFRI has wide experience in conducting customized training programme to the different stakeholder over the years in niche areas of fisheries research and development. The Socio -Economic Evaluation and technology transfer (SEETT) Division is essentially involved in research on socioeconomics and in developing initiatives, programmes for ensuring the livelihoods of the fishers and sustainability of the fisheries resources and environment.

I am happy that the SEETT Division has taken a lead in organizing the training programme funded by SAF with the aim of enhancing the skills of the young generation of the fisher folk especially young girls in getting trained to new avenues in fisheries and other enterprise for a prospective career. I take this opportunity to congratulate Dr. Shyam.S .Salim, Principal Scientist and Course Director and his entire team under the able leadership of Dr. R. Narayankumar, Head of Division, SEETTD for the meticulous planning and conduct of the training programme.

01.01.17
Cochin

A. Gopalakrishnan
Director, CMFRI

Foreword

Fisherwomen play significant role in all fisheries related activities, besides their routine household and community oriented responsibilities. Though they are essentially complementing the men for the sustenance of family and fisheries sector, their roles remain largely undermined and unacknowledged. It is worth noted that the administrators, policymakers and researchers have failed to accord the role of fisherwomen. Empowerment of fisherwomen is crucial to attain the socio-economic development of fisher folk. To achieve the comprehensive growth and gender equality in terms of opportunities, assets, empowerment is mandatory.



Society for Assistance to Fisherwomen (SAF) was formed on 1st June 2005 as an agency under Department of Fisheries, Government of Kerala with a view to ensure the empowerment of fisherwomen in the state of Kerala. Over a period of 10 years, the agency has made notable contributions in equipping the fisherwomen to attain economic self-reliance. Thousands of fisher families in the state are earning a stable income through the alternate livelihood micro-enterprises established with the support and mentorship of SAF.

Along with the economic empowerment, recently, SAF is paying concerted efforts to improve the living standards and enhance the employability of fisherwomen youth. Theeranaipunya project is initiated in all the fisher dwelling districts as a major intervention envisioned with equipping the fisherwomen youth for the future.

In Ernakulam, Central Marine Fisheries Research Institute (CMFRI) had taken up the responsibility of implementing the Theeranaipunya training programme and prepared a beautiful monograph compiling the contributions of eminent scholars. Theeranaipunya 1st and 2nd batch was a huge success and I look forward the same for our endeavours in future. I am confident that the document is well equipped with all the aspects of capacity building and will find a place in human resource development programmes. Dr. Shyam S. Salim, Principal Scientist, CMFRI & Course Director and his team deserve special appreciation to make this initiative highly effective and fruitful.

01.01.2017
Cochin

C. R. Sathiavathy
Executive Director, SAF

Preface

Development of any nation, society or community in any field depends primarily on the indispensability and complementarity between the men and women. The role of women in society has been greatly overseen in the last few decades but now is coming to a more perspective to people. A woman today no longer lags behind the man in the most occupations and can no more be kept behind the curtains doing only domestic duties. Our society is accepting the wider participation of women and has made vast improvements in their lifestyles in the past few decades from holding positions in governments to getting a job and supporting themselves.



The much-acclaimed social progress in Kerala, also indicated by surplus females, has found to be lacking among fishing communities. The course of changes in the role of fisherwomen has traversed during the major phases of technological transformation from household management but face stumbling blocks in their path towards development. Notwithstanding with the credit of improvement in the income and employment opportunities of young fisher women than their earlier generation, they can no longer meet the cost of their educational other basic needs owing to the high cost of living. The indirect role women play are concerning decision making, financial management, family welfare etc highlights the importance of bringing women to the mainstream by increasing their capabilities and to articulate them in a way which is beneficial to the family and the society.

The Theeranaipunya training programme is intended to reach out the capacities and skills of the younger women of the fisher community who face certain barriers to move on in life and to reach out to the world. CMFRI under the umbrella of SAF has organized two batches of this training programme, which was a huge success and most of the trainees are now pursuing a career of their choice. The training includes two phases each lasting for a month. Phase I – Inferential training with around 100 sessions on theme areas of profiling, understanding and improving self, aptitude, motivation and personality development, communication and audio visual communication, management strategies, interpersonal relationship and fisheries enterprises and employment opportunities. During Phase II- Experiential learning was initiated with an attachment training of the trainees to over 25 research and development organizations supported to develop their entrepreneurial skills.

We are thankful to the Director, CMFRI who wholeheartedly facilitated the training programme. I extend my sincere thanks to the Dr. R. Narayanakumar, HoD, SEETTD for the timely support extended during the course of the training programme. The passion and support from the faculties was extremely gratifying. The timely support from the colleagues in the division for the smooth functioning of the programme deserves special mention.

List of Contents

Sl.no	Topic	Page No.
	<i>Foreword</i>	
	<i>Foreword</i>	
	<i>Preface</i>	
	<i>List of Contents</i>	
I	<i>Setting- A Capacity building training programme- Theeranaipunya</i>	1-2
II	<i>Profiling of the training programme.</i>	3
1.	Faculty members	4-8
2.	List of trainees	8-13
A.	List of trainees - Theeranaipunya I	8-11
B.	List of trainees - Theeranaipunya II	11-12
3.	List of facilitators	13-16
A.	List of facilitators- Theeranaipunya I	13-15
B.	List of facilitators- Theeranaipunya II	15-16
4.	Training module	16-34
A.	Title of the lecture and faculty -Theeranaipunya I	16-19
B.	Title of the lecture and faculty -Theeranaipunya II	19-22
C.	Thematic areas of the training programme	22
D.	Lecture Schedules-Theeranaipunya I	22-28
E.	Lecture Schedules-Theeranaipunya II	28-34
F.	Typical daily schedule	34
5.	Course Director's Summary of participant's Capacity building programme- Theeranaipunya	35-41
6.	Empowering fisherwomen – Experiences from Theeranaipunya	43
7.	Annexures	45-87

A Capacity Building Training Programme for Fisher Women-Theeranaipunya (CMFRI-SAF Initiative)

Setting

Marine fisher folk are members of a low and disadvantaged caste belonging to the lowest economic strata in Indian society. The fisherwomen, in particular, have a very low status in the social hierarchy which leaves them worse off than their compatriots. Despite the slow but emerging recognition of their silent contribution, still face stumbling blocks in their path towards development. Even though new initiatives are planned and implemented for the holistic development of the fisher women, many studies pointed out that the women empowerment ratios are still lagging. Notwithstanding with the credit of improvement in the income and employment opportunities of young fisher women than their earlier generation, they can no longer meet the cost of their educational other basic needs owing to the high cost of living. In this juncture it is important for them to give additional support to bring them to the main stream thereby they could be able to utilize the available resources and opportunities to stretch out their capabilities to the maximum. All these efforts will lead to equipping the young generation of the fisher folk especially young girls in getting trained to new avenues in fisheries and other enterprise for a prospective career.

Society for Assistance to Fisherwomen (SAF) was formed on 1st June 2005 as an agency under Department of Fisheries, Government of Kerala with a view to ensure the empowerment of fisherwomen in the state of Kerala. Over a period of 10 years, the agency has made notable contributions in equipping the fisherwomen to attain economic self-reliance. Thousands of fisher families in the state are earning a stable income through the alternate livelihood micro-enterprises established with the support and mentorship of SAF.

It was under the above pretext and a social commitment to the fisher community that Central Marine Fisheries Research Institute, Kochi, proposes to act as nodal agency for the conduct of Theeranaipunya training program of Ernakulam district for two batches for the period of two months during February- March 2016 and November to January 2017 in its Head Quarters for the selected trainees from the fisher community. CMFRI has wide experience in conducting customized training programme to the different stakeholder over the years in niche areas of fisheries research and development. The training approach includes both theoretical and applied sections. The faculties were from CMFRI, CIFT, Professors from Colleges, Staff from State Bank of India, Advocate from High court, Members of social welfare, Peoples representatives and other accomplished and other experienced individuals in their realm of influence. The training includes two phases each lasting for a month .Phase I- Inferential learning through class rooms, Phase II -Experiential learning through in-situ training.

The first phase of the classroom learning was for a period of 25 days (@6 hrs daily) , 90 sessions of one and a half hour duration were covered. The session involves with 40 per cent time allocated for theoretical and 60% for practical session. The theoretical framework revolves around introducing and understanding the basic concepts, its practical utility for the trainees. The practical sessions includes participatory approaches of team building through management games, role play, group discussion and public speaking.

An ex-ante need assessment of the trainees was done to analyse their strength, weaknesses, opportunities and limitation. The needs identified was incorporated in lecture schedules and identified new resource person for the sessions. An ex post assessment was also done to check how well the trainees benefitted from the sessions. Each and every lecture was evaluated for its content and delivery by the trainees.

The main theme areas of the training programme include:

- Discover and empower yourself
- Motivation
- Building Self: Confidence and Competence
- Decision making
- Values for a successful career and life-Career planning
- Leadership – Qualities, Skills
- Interpersonal Skills
- Time Management
- Healthy lifestyle
- Problem solving
- Communicative English
- Computer knowledge
- Alternate livelihood options

The second phase the experiential training was done based on the need analysis conducted during the training programme and the identified the areas of interest of the trainees. The options were identified and weighted on the future prospect based on their sustained and prospective future and skill set. After reviewing the options database on the selected training centres were developed. The training centres include government agencies, NGOs, companies, educational institutions, research organisations, hospitals, high court etc. Consultations were done with the training centres and the options were finalised. After the classroom training the trainees were provided with the training placement orders along with guidelines and deliverables for one month training in their respective selected organisations.

Profile of the training programme

- A. A capacity building training programme on *“Theeranaipunya I - Equipping the fisherwomen youth for future”*.

Opening and closing date of the training programme: 10th February – 16th April 2016 at CMFRI, Cochin.

- B. A capacity building training programme on *“Theeranaipunya II - Skill enhancement and capacity development of fisher youth*.

Opening and closing date of the training programme: 5th November 2016 – 7th January 2017 at CMFRI, Cochin.

Location of the Capacity building training programme

The 60 day capacity building training Programme on “Theeranaipunya was conducted for of 30 participants, in two batches was funded by the Society for Assistance to Fisherwomen (SAF). The course was conducted by the Central Marine Fisheries Research Institute (CMFRI) at its Head Quarters in Kochi.

Course Director's name, academic title and address.

Dr. Shyam S. Salim
Course Director & Principal Scientist
Central Marine Fisheries Research Institute
Post Box No. 1603, Ernakulam North P.O.,
Kochi-682 018
Web: www.cmfri.org.in
E-mail: shyam.icar@gmail.com
Phone: 91-484-2384867, 2391407, Extn 308
Fax: 91-484-2394909
Mob No: 09746 885361, 090371 75273

Training Co-ordination and Assistance

Ms Irene Elizabeth Joy
Mr Anish Varghese
Ms Ann Mary Jephy
Ms Reeja Fernandez
Ms Salini. K.P
Mr Sunil. P.V
Ms Athira. N.R

1. Faculty members

The faculty members included subject matter specialist across the major theme areas which includes personality development, communication specialists, health, audio visual specialists, notable public figure, management experts, bank officials etc. Around 38 faculties from CMFRI and 25 guest faculties were involved in the programme. The faculty members along with their contact address is given below:

Abhilash P.R. (Mr.) Senior Technician(Exhibition Assistant) SEETTD, CMFRI Email:abhilashcmfri@gmail.com Mobile: 9946445403	Ajith Thomas (Dr./Mr.) Associate Professor – Marketing Saintgits Institute of Management, Kottayam Email:ajitht@duq.edu Mobile: 9446354373
Alloysious P.S. (Mr.) Senior Technician, MFD ,CMFRI Email:psalloy@gmail.com Mobile:9961224269	Ann Mary Jephy (Ms.) Coordinator, Theeranaipunya Training programme II Email:annrony27@gmail.com Mobile:8086303612
Ashalatha (Dr./Ms.) Principal Scientist Social Science Division Central Institute of Fisheries Technology CIFT Junction, Willingdon Island Matsyapuri P.O., Cochin-682 029,	Aswathy N. (Dr./Ms.) Senior Scientist, SEETTD, CMFRI Kochi Email: aswathy.icar@gmail.com Mobile:9496449609
Athira N.R. (Ms.) Senior Research Fellow SEETTD, CMFRI, Kochi Email:aathira31@gmail.com Mobile: 9446493492	Bindu Antony(Ms.) ICDS Supervisor, Email:binduantony@gmail.com Mobile: 9495049682
Bindu Sanjeev (Ms.) Personal Assistant, PME, CMFRI Email:binducmfri@gmail.com Mobile: 9446495155	Bineesh K.K (Dr./Mr.) Scientist, PMFGR, NBFGR, Cochin Email:kkbineesh@gmail.com Mobile: 9037611957
Binsy .P.K (Dr./Ms.) Scientist Central Institute of Fisheries Technology E-mail: bindujaganath@gmail.com Mobile:9446110651	Binu Kaliyadan (Mr.) Master Trainer, I Corporate Solutions Email: binukaliyadan@yahoo.com Mobile:9744485210

Boby Ignatius (Dr./Mr.) Principal Scientist MBTD, CMFRI Email: bobycmfri@gmail.com Mobile:9446739731	Charles George (Mr.) Secretary Trade union Centre of India (TUCI) Email: charlestuci@gmail.com Mobile: 9447168852
Deepa P.N. (Ms.) Upper Division Clerk CMFRI, Cochin Email: deepapmanoj@gmail.com Mobile:9946984000	Dhanya G. (Ms.) Technician SEETTD, CMFRI Email: gdhanya06@gmail.com Mobile: 8593988238
Divya P.R. (Dr./Ms.) Senior Scientist, PMFGR , NBFGR, Cochin Email:divyanbfgr@gmail.com Mobile: 9496428404	Grinson George (Dr./Mr.) Senior Scientist, FRAD,CMFRI, Cochin Email:grinsongeorge@gmail.com Mobile: 8547857036
Harshakumar.P.S (Mr.) Consultant SAF East Kadunagloor Email: harshakumarok@gmail.com Mobile:9846023446	Jeena N.S (Dr./Ms.) Scientist CMFRI, Kochi Email: jeenans@rediffmail.com Mobile:
Jenny B. (Ms.) Assistant Administrative Officer CMFRI, Kochi Email: jennyvelayudhan@gmail.com Mobile: 9446963370	Kripa.V (Dr./Ms) Principal Scientist, FEMD, CMFRI Email:vasantkripa@gmail.com Mobile: 945317931
Livi Wilson (Dr./Ms.) Scientist Demersal Fisheries Division, CMFRI Email:liviwilson@gmail.com Mobile:	Madhu. K (Dr./Mr.) Principal Scientist Mariculture Division, CMFRI E-mail: kmadhu30@rediffmail.com Mobile: 9895567454
Maja Jose (Dr./Ms.) Assistant Director of Fisheries Training,Kadungalloor Email: maja_jose@yahoo.co.in Mobile:9745442656	Manjeesh R. (Mr.) Senior Technician (Computer Application), CMFRI, Cochin Email: manjeeshr@gmail.com Mob: 9496428442
Manjusha U. (Ms.) Coordinator, MOEF, Kannur Email:log2manju@gmail.com Mobile: 8281732926	Manu V.K. (Mr.) Senior Technical Assistant (Programme Assistant - Computer), CMFRI Email: manu@cmfri.org.in Mob: 9847745267

Mary Metilda (Dr./Ms.) Retd. Principal, Maharajas College Email:metildamary@yahoo.com Mobile: 9388605198	Mathew A.K. (Mr.) Project Coordinator, IRTC, Palakkad Email:mathewirtctmc@gmail.com Mobile:9495111768
Mini K.G. (Dr./Ms.) Senior Scientist FRAD, CMFRI Email: mini.anish02@gmail.com Mob:9446067548	Mini Sekharan (Dr./Ms.) Assistant Professor, School of Industrial Fisheries, CUSAT Email: minisekharan@yahoo.com Mobile: 9895070310
NikithaGopal (Dr./Ms.) Principal Scientist Central Institute of Fisheries Technology CIFT Junction, Willingdon Island Matsyapuri P.O., Cochin-682029 Kerala	Miriam Paul Sreeram (Dr./Ms.) Scientist CMFRI, Kochi Email:miriampaul@yahoo.com Mobile:
Pearly Antony (Ms.) Assistant Professor, St. Teresa's College, Ernakulum Email: pearlyantony@gmail.com Mobile:9847908330	Pradeep M.A. (Dr./Mr.) Scientist, MBTD , CMFRI, Kochi Email:drpradeepma@gmail.com Mobile:8547118155
Rahul G. Kumar (Mr.) Young Professional PMFGR ,NBFGR, Email: cichlidiot@gmail.com Mobile: 9020274737	Rajool Shanis (Dr./Mr.) Technical Assistant PMFGR , NBFGR Email: rshanis@gmail.com Mobile: 8301067538
Rakhy Shyam (Dr./Ms.) Medical Officer NHM Homoeopath Dispensary , Aluva Email: rakhyshyam@gmail.com Mobile:9633141473	Ramachandran. C (Dr./Mr.) Principal Scientist, SEETTD CMFRI Kochi Email: ramachandrancnairgmail.com Mobile: 9446129341
Rameez Rahman (Mr.) Senior Research Fellow SEETTD, CMFRI Email: rameezrahmanm@gmail.com Mobile:9656254515	Reeja Fernandez (Ms.) Senior Research Fellow, SEETTD, CMFRI Email:reejafernandez@gmail.com Mobile: 9544239929
Rekha G. Nair (Dr./Ms.) Senior Scientist, Demersal Fisheries Division, CMFRI Email:rekhacmfri@gmail.com Mobile:9446415736	Remya R. (Ms.) Research Associate SEETTD, CMFRI Email: remyarraj@gmail.com Mobile: 9400820533

Reshma.V.G. (Dr./Ms) Senior Scientist, MBTD , CMFRI, Kochi Email:reshjanardhan@gmail.com Mobile:8113983452	Roshan G.S. (Mr.) Manager (Training) State Bank Learning Centre Email: rosh.gs@sbi.co.in Mobile: 9447711774
Safeena .P.K (Ms.) Senior Research Fellow GULLS Project, SEETT Division, CMFRI Email:safeenapk@gmail.com Mobile:	Salini. K.P (Ms.) Technical Officer SEETTD, CMFRI Email:salinicmfri@gmail.com Mobile: 9446089588
Sandhya Sukumaran (Dr./Ms.) Senior Scientist MBD, CMFRI, Kochi Email: sandhyasukumaran@yahoo.com Mobile: 9495614119	Sathianandhan T.V (Dr./Mr.) Principal Scientist Head, FRAD, CMFRI, Kochi Email: Mobile:
Sathiavathy C.R. (Ms.) Executive Director, Society for Assistance to Fisherwomen Email: sathyamthanal@yahoo.co.in Mobile: 9447135866	Shinoj P. (Dr./Mr.) Scientist, SEETTD, CMFRI Kochi Email:pshinoj@gmail.com Mobile: 9495609723
Shoji Joy Edison (Mr.) Subject Matter Specialist (Horticulture), Krishi Vigyan Kendra, CMFRI Email:shojijoy@gmail.com Mobile:9746469404	Shyam S. Salim (Dr./Mr) Principal Scientist, SEETTD, CMFRI Email: shyam.icar@gmail.com Mobile: 9746885361
Sivaprasad. P.S (Dr./Ms) Technical Assistant, Society for Assistance to Fisherwomen Email:siva.fish75@gmail.com Mobile:8891624331	Smitha K. (Ms.) PA to SFAO, CMFRI, Kochi Email: jgdksm@yahoo.co.in Mobile:9447016260
Smitha Kuriakose (Adv.) M/s Chandrasekharan and Chandrasekharamenon, Advocates, Cochin Email: smithasinjo@yahoo.co.uk Mobile:9591813705	Soloman K. (Mr.) Technical Assistant, SEETTD, CMFRI Email:solomankcmfri@gmail.com Mobile:9048101263
Somy Kuriakose (Dr./Ms) Principal Scientist FRAD, CMFRI Email: somycmfri@gmail.com Mobile: 9446375363	Sreelu .N.S (Dr./Ms.) Joint Director of Fisheries Kadungaloor Email:sreeluns@yahoo.co.in Mobile:

Sumithra T.G (Dr./Ms) Scientist, CMFRI, Kochi Email:sumithravet@gmail.com Mob:	Sunil P.V. (Mr.) Technician, SEETTD, CMFRI, Cochin Email:sunilcmfri@gmail.com Mobile: 9995008943
Thankam Teresa Paul (Ms.) Scientist, CIFRI, Cochin Email: thankamtheresa@gmail.com Mobile: 7025149107	Uma E.K (Ms.) Assistant Chief Technical Officer (Hindi Translator)CMFRI, Cochin Email: umaek@rediffmail.com Mobile: 9447666518
Vandana (Ms.) Technical Assistant (Hindi Translator) CMFRI, Cochin Email: vandana.ekpzha@gmail.com Mob: 9539136642	Vidya R. (Dr./Mr.) Scientist, MFD, CMFRI Email: vidya.panicker@gmail.com Mobile: 9961993450
Vikas P.A. (Dr./Mr.) Senior Technical Officer (SMS-Fisheries), CMFRI, Cochin E-mail: vikaspattath@gmail.com Mobile: 9447993980	Vipinkumar V.P. (Dr./Mr.) Principal Scientist, SEETTD CMFRI Email: vipincmfri@gmail.com Mobile:9048540766

2. List of trainees

The list of trainees selected under the different training programme is given below. The trainees were identified by the funding agency through a ranking system involving prioritised needs, motivation and financial background and sustained interest apart from educational qualifications. After the reviewing process the final list is send to CMFRI for facilitating the training programme.

A. List of trainees -Theeranaipunya I

Amisha P. Murukan (Ms.) Pandaparambil (H) Panambukad Vallarpadam P.O. Pin:682504 Email: amishamurukan@gmail.com Mobile: 9048664821	Anisha V.J. (Ms.) Vattatheri (H) Edavanakad P.O. Ernakulam, Pin:682502 Email: suju@gmail.com Mobile: 9846680575
Asha P. (Ms.) Pandaparambil (H) Panambukad Vallarpadam P.O. Pin:682504 Email:	Asha Chandran(Ms.) Pallathuparabil (H) Malipuram P.O. Chapakadappuram Pin:682511 Email:

Mobile: 9961921446	Mobile: 9745639819
Aswathy A.S. (Ms.) Choolakal (H) Mulavukad P.O. Pin:682504 Email: saneesh1989@gmail.com Mobile: 9746140090	Aswathy K M(Ms.) Puthiya Road Puthusserymala Thrikkakara P.O. Pin:682021 Mobile: 8111868073
Athira K.J. (Ms.) Kollamparambil (H) Malipuram P.O. Pin:682511 Email: Mobile: 9847609134	Devika P.R. (Ms.) Pandaramparambil (H) Panambukad, Vallarparam P.O. Pin:682504 Email: devikapr35@gmail.com Mobile: 9544715314
Dhrishya Anil kumar (Ms.) Plackal (H) Puthuvypu P.O. Pin:682508 Email: dhrishyaadarsh1994@gmail.com 9846398826	Dilna K.D. (Ms.) Kochuthara (H) Nayarambalam P.O. Pin:682509 Email: dilnadishi@gmail.com Mobile: 994788092
Divya C.D. (Ms.) Pallath (H) Malipuram P.O. Pin:682511 Mobile: 9846095307	Elizabeth Riya C.J. (Ms.) Chathanassery (H) Anjuchira, Narakkal, Pin:682505 Email: riyashilby85@gmail.com Mobile: 9847973649
Geethu P.M. (Ms.) Vettillakkaramparambil (H) Thundathumkadavu Varapuzha P.O., Pin:683517 Email: geethusuvil@gmail.com Mobile: 8111848031	Greeshma P.K. (Ms.) Kalathil (H) Narakkal P.O., Pin:682505 Email: greeshma887@gmail.com Mobile: 7561025495
Hitha P.K. (Ms.) Pathiyaparambil (H) Nedungadu, Nayarambalam Pin:682509 hithasajeed@gmail.com 9645048078	Honey P.R. (Ms.) Pulickal (H) Appangad beach Narakal, Pin:682505 Mobile: 562383314
Jeethumol T J (Ms.) Thayattuparambil (H) Elankunnapuzha P.O. Pin:682503 Email: jeethujeeva@gmail.com	Jiby K.V. (Ms.) Kizhakkedath (H) Pazhangad Edavanakad.P.O Pin:682502 Email: jibysibi@yahoo.com

Mobile: 9744774169	Mobile: 965684822
Keerthi E.B. (Ms.) Erezhath (H) Maliankara Pin:683516 Email: keerthieb94@gmail.com 9961747898	Krishnendu T.U. (Ms.) Kalathiparambil (H), Narakkal P.O. Pin:682505 Email: krishnendukiran1991@gmail.com Mobile: 9645442374
Mary Joseena C. G. (Ms.) Chullikkaparambil (H) Perumalpady, Malipuram P.O. Pin:682511 Mobile: 9946045538	Mary Niya S.J. (Ms.) Srambikkal (H) Malipuram P.O. Pin:682511 Mobile:8086770461
Monisha Mohanan (Ms.) Srakkad (H) South paravoor P.O. Ernakulam, Pin:682320 Email: monumonisha1991@gmail.com Mobile: 9495474430	Niva A.S. (Ms.) Arakkaparambil (H) Malipuram P.O. Vypin, Pin:682511 Email: nivasudhi@gmail.com Mobile: 9567191797
Poojalakshmy K.S. (Ms.) Kolothumparambu, Puthuvelil (H), Kadamangalam N.Paravoor P.O. Mobile: 8943502888	Sajana Ullas (Ms.) Nediyirippil (H) P.O.Palliport,,Munambam Pin:683515 Email: chandanapinkysg@gmail.com Mobile: 9605999068
Salini C.S. (Ms.) Chettiparambil (H) Puthuvypu P.O. Ernakulam Pin:682508 Email: salini.c.s28@gmail.com Mobile: 9633022350	Saneesha K.S. (Ms.) Kizhakkedathu (H) P.O. Pallipart Munambam Pin:683515 Email: saneeshaksdinesh@gmail.com Mobile: 9526793661
Shani A.P. (Ms.) Arakkaparambil (H) Nayarambalam P.O. Pin:682509 Mobile: 8592046601	Shyma Sumesh (Ms.) Konnullilparambil (H) Puthiya Road Puthusserymala Thrikkakara P.O., Pin:682021 Email:shymasumeshsumesh@gmail.com Mobile: 9895302003
Sruthy A.S. (Ms.) Arakkaparambil (H) Elamkunnappuzha P.O.	Sruthymol K.S. (Ms.) Kadumundiparambil (H) Panambukad

Vypin Pin:682503 Email: sruthyas11@gmail.com Mobile: 9539992554	Vallarpadam P.O. Pin:682504 Email: molsruthy3@gmail.com Mobile: 9633825254
Varsha A.M. (Ms.) Arakkaparambil (H) Panambukad Vallarpadam P.O. Pin:682504 Email:varshamanikyan@gmail.com Mobile: 9249509151	Viji P.V. (Ms.) Padayil (H) Malipuram P.O. Chapakadappuram Pin:682511 Email: Mobile: 8547396884
Vinayamol N.A. (Ms.) Palakkappilly (H), Cheriyaapallamthuruth, N.Paravoor P.O. Pin:683513 Email: Mobile: 8606566554	

B. List of trainees - Theeranaipunya II

Ambily M.J (Ms.) Mannumkuzhiyil (H) Vadakkarakara P.O n. paravur pin:683522 Phone No:9656930804	Amritha Dinakaran (Ms.) Aynikad (H) Panambukad Vallarpadom P.O Phone No:8281222482
Anjali M.I (Ms.) Moorkkanad (H) Maliankara Moothakunnam P.O Phone No:9562047935	Anju Shibu (Ms.) Thundippurath (H) Kuzhuppilly, Ayyampilly P.O Pin:682501 Phone No:9539613190
Anna Sherin P.S (Ms.) Pulithara (H) Ponnarimangalam, Mulavukad P.O Phone No:9746469715 Gmail:annasherin@gmail.com	Archana T.V(Ms.) ThottangalParambil (H) Puthuvype P.O Pin:682508 Phone No:7907249829
Ashkey Dharmaraj (Ms.) Edanilath (H) Vallarpadom P.O, Cochin, Pin:682504 Phone No:8089232510 Gmail:ashkey.ash@gmail.com	Carrin Fernandez (Ms.) Pathissery (H) Puthuvyppe P.O Phone No:9809272723
Febina P.F (Ms.) Kalluvettil (H) Mulavukad P.O	Geethu P.D (Ms.) Puliyannarparambil (H) Edavanakad P.O

Pin:682504 Phone No:8589916632	ErnakulamPin:682502 Phone No:9048118183
Neena K.J (Ms.) Kanappilly (H) South Puthuvypu Ernakulam, Pin:682508 Phone No:9633295240	Neethu K.M (Ms.) Kalangara (H) Maliankara Phone No:9947220639
Nishala K.P (Ms.) Thonikootathil (H) Vadakkumpuram p.o Vadakkumpuram Phone No:9633379097	Rency A.P (Ms.) Anjuthaikal (H) Malipuram P.O Pin:682511 Phone No:9744254842
Ruby Titus (Ms.) Vatheriparambil Malipuram P.O Pin:682511 Phone No:9061590225	Sajmi P. J (Ms.) Padinjarepurakkal Elamkunnappuzha Chappa Beach Pin:682511 Phone No:9037155316
Shani Sanil (Ms.) Vayalil (H) Kuzhuppilly, Ayyampilly P.O Pin:682501 Phone No:9946458622	Shani Vinod (Ms.) Ponath (H) Aniyal Beach Edavanakkad Phone No:8547849503
Shemy Jibin (Ms.) MarakkaParambil (H) Edavanakkadue P.O Aniyal Beach Phone No:9847607741	Soumya M.S (Ms.) Madathingal (H) Nayarambalam P.O Kodungashery,Pin:682509 Phone No:9048401180
Sreeja F.S (Ms.) Thundithara, Malipuram Ernakulam, Pin:682511 Phone No:956218322	Sruthy M.B (Ms.) Mannumkuzhiyil (H), Pattanam Vadakkekara P.O, N.Paravur, 683522 Phone No:9526263906
Swathy C.S (Ms.) Cheerassery (H) Malipuram P.O Pin:682511 Phone No:7025746386	Syama P.S (Ms.) Pulluttukaran (H) Cherai P.O Pin:683514 Phone No:9745402280
Thushara V.P (Ms.) Valarkodil (H) Panambukad Vallarpadom P.O Phone No:9142032373	Vani Viswanath (Ms.) Anjuthaikkal (H) Edavanakad P.O Ernakulam Pin:682502 Phone No:9544156185

3. List of facilitators

The facilitators were the establishments / reputed organisations identified for the trainees based on their future needs where they could train/ work for a month and gain experience. The establishments include government organisations, private companies, and development agencies. This is meant to create resourceful short term carrier and to develop the trainees' entrepreneurial skills; thus exposing them to varied institutional experiences, meeting people and rapport building, soft skill development, and organisational setups. These establishments provide one month training and guidelines and deliverables were prepared for the same .The trainees were to provide a work experience report after the training along with attendance report and an evaluation review on the conduct of the trainee by the facilitators. The list of the facilitators who were involved with this training programme is given below:

A. List of facilitators- Theeranaipunya I

Alias K.M (Mr.) Deputy Director, Department of fisheries Email: ddfzonalekm@gmail.com 9496007029,0484-2394476	Assistant Director Fisheries (Mr.) Vypin Fisheries Station Email: Ph.no. 0484 250 2768
Falgunan (Mr) President Narayambalam Fishermen Development Welfare Cooperative Society Ltd. Email: nfdwcs@yahoo.in Ph.no: 9495996428	Dinesh Kaipilly (Dr./ Mr.) Fisheries Research Station Kerala University Of Fisheries and Ocean Studies, Puthuvypu. Email: fspuduveypy@kau.in , fspuduveypy@gmail.in Ph.no: 0484-2502587
Geetha .P. (Dr/ Ms.) Officer in Charge Library and Documentation Centre CMFRI Email:geethapcmfri@yahoo.com Ph.No:9349194873	Joemon George (Mr.) Executive Engineer Harbour Engineering Department Munambam Ph.no: 9447433036 Email: hedmunambam@yahoo.co.in
Junaid Rahman (Dr/Mr.) Sree Sudheendhra Medical Mission hospital Kacheripady, Chittoor Road, Ernakulam, Email: sreesudeendhra2yahoo.co.in Ph:no: 0484 407 7400	Kerala State Industrial Development Corporation 2nd Floor. Choice Towers, Manorama Jn. Ernakulam, Kerala 682016 Ph.no: 0484 232 3010
Leena Thomas (Ms.) Sub Inspector of Fisheries	Manager (Mr.) Olio Victual Manufacturers

Paravoor Fisheries Station North Pravoor Email: leenathomassif@gmail.com Ph.no: 9846335699	Mini Industrial Estate, Malipuram Email: mail@oiliofoods.com Ph.no: 9446455649
Mariyam Beevi (Ms.) CDPO ICDS, Project Office, Njarakkal 9497626981 cdpoedappallyaddl@gmail.com	Meera K.N(Ms.) Assistant Administrative Officer Establishment Section , CMFRI Email: meeracmfri@yahoo.co.in 0484 239 4357
Narayanakumar. R. (Dr/ Mr.) Head Of Division Socio Economic Evaluation and Technology Transfer Division Email:ramani65@gmail.com Ph.No:9446804213	Project Director, Poverty Alleviation Unit Civil Station, Kakkanad Ernakulam
Kripa. V(Dr/ Ms.) Principal Scientist and Head Fishery Environment Management Division Email:vasanthkripa2gmail.com Ph.no:945317931	Rafeeq. M.A (Mr.) United Realtors. Uni Accounts Services Email: info@unihomes.in Ph.no: 0484 2393112
Rani Palanisami (Dr/Ms.) Officer in charge Central Inland Fisheries Research Institute CMFRI Campus Email:raanips@gmail.com Ph.No:9995439629	Sajimol Augustine (Dr/Ms.) Principal St.Terasas College Email: principal@teresas.ac.in Ph.no: 0484 2351870, 2381312
Saji Paul (Mr.) Kerala State Civil Suppliers Corporation Ernakulam Email:trco@supplycomail.com Ph.no:9446300126	Sanjeevan (Mr.) Farm Manager Brackish Water Fish Farm Njarakkal Eco tourism Email: sajeevkalathil@yahoo.com Ph.no: 9526041036
Santhakumar P(Mr.) Manager - Human Resource ABAD Fisheries Pvt. ABAD Group Email: hr@abad.in www.abad.in Mob: 9745408030, 0484 4104000	Sathiavathy C.R (Ms.) Executive Director Society for Assistance to fisherwoman East Kadungaloor Email:saf4help@yahoo.com

Shinoj Subramannian (Dr/Mr.) Senior Scientist and Programme Coordinator Krishi Vigyan Kendra of CMFRI Njarakkal, Cochin 9496303457	Somy Kuriakose (Dr/Ms.) President CMFRI Employees Co-operative Society Ltd. Email:somycmfri@gmail.com Ph.No:9446375363
---	---

B. List of facilitators- Theeranaipunya II

Dinesh Kaipilly (Dr/ Mr.) Fisheries Research Station Kerala University Of Fisheries and Ocean Studies, Puthuvypu. Email: fspuduveypy@kau.in , fspuduveypy@gmail.in Ph.no: 0484-2502587	Joemon George (Mr.) Executive Engineer Harbour Engineering Department Munambam Ph.no: 9447433036 Email: hedmunambam@yahoo.co.in
Junaid Rahman (Dr/ Mr.) Sree Sudheendhra Medical Mission hospital Kacheripady, Chittoor Road, Ernakulam, Email: sreesudeendhra2yahoo.co.in Ph:no: 0484 407 7400	Leena Thomas (Ms.) Sub Inspector of Fisheries Paravoor Fisheries Station North Pravoor Email: leenathomassif@gmail.com Ph.no: 9846335699
The Manager (Mr.) Olio Victual Manufacturers Mini Industrial Estate, Malipuram Email: mail@oliofoods.com Ph.no: 9446455649	Mariyam Beevi (Ms.) CDPO ICDS, Project Office, Njarakkal 9497626981 cdpoedappallyaddl@gmail.com
Narayanakumar. R. (Dr/ Mr.) Head Of Division Socio Economic Evaluation and Technology Transfer Division	Rafeeq M.A (Mr.) United Realtors. Uni Accounts Services Email: info@unihomes.in Ph.no: 0484 2393112
Saji Paul (Mr.) Kerala State Civil Suppliers Corporation Ernakulam Email:trco@supplycomail.com Ph.no:9446300126	Santhakumar. P (Mr.) Manager - Human Resource ABAD Fisheries Pvt. ABAD Group Email: hr@abad.in www.abad.in Mob: 9745408030, 0484 4104000
Sathiavathy C.R (Ms.) Executive Director Society for Assistance to fisherwoman East Kadungaloor Email:saf4help@yahoo.com	Somy Kuriakose (Dr/ Ms.) President CMFRI Employees Co-operative Society Email:somycmfri@gmail.com Ph.No:9446375363

Neetha (Ms.) Fisheries Inspector Paravur Fisheries Station Email:nitharajesh03@gmail.com Ph.no:9620192321	Secretary (Ms.) Elankunnapuzha Panchayath Malipuram Email:elankunnapuzhagp@gmail.com Ph.no:9496045773
Sajeev Kalathil (Mr.) Yamaha automobile Edavanakad Ph.no:9526041036 Email:sajeevkalathil@yahoo.com	Vidhya Gopinath (Ms.) Agriculture Officer Krishibhavan, Malipuram Ph.no:9847878102 Email:kbelamkunnapuzha@gmail.com

4. Training Module - Title of lectures and the corresponding faculty members

The training module is designed in such a way which enabled the trainees to gain knowledge, new insight to different concepts and rules, sharpening of skills, changing of attitude and behaviour to enhance their performance and help them to acquire vision to look into distant future. The thematic areas of the training programme include: Profiling, Understanding and improving self, Aptitude, motivation and personality development, interpersonal relationships, management strategies, Communication and audio visual communication, insight into fisheries enterprises and alternate livelihood options. The needs identified during the inception of the training were incorporated in the lecture schedules and resource persons for the same were identified. Each and every session were evaluated by the trainees for its content and presentation.

A. Title of the lecture and faculty -Theeranaipunya I

1.	SAF commitment to fisherwomen community	Ms. Sathyavathy C.R
2.	Knowing yourself	Dr. Shyam S Salim
3.	Course evaluation: Ex-ante assessment	Dr. Shyam S Salim
4.	Self-appraisal & Need assessment	Dr. Shyam S Salim
5.	Discover yourself	Mr. Binu Kaliyadan
6.	Empower yourself	Mr. Binu Kaliyadan
7.	Alternate livelihood options	Mr. Mathew A.K
8.	Attitude and attainment	Dr. Vipinkumar V P
9.	Building Self : Confidence and Competence	Dr. Shoji Joy Edison
10.	Self Esteem	Ms. Maja Jose
11.	Self-image and Self Esteem for a positive outlook	Dr. Rekha J Nair
12.	Values for a successful career and life	Dr. Aswathy N

13.	Decision making	Ms. Dhanya G
14.	Communication through Official language(Verbal)	Ms. E K Uma
15.	Effective communication- means and methods	Dr. Vipin Kumar V P
16.	Communication through Official language(Written)	Ms. Vandana
17.	Motivation and Planning	Mr. Binu Kaliyadan
18.	Effective ways for self-motivation	Mr. Binu Kaliyadan
19.	Success strategies for future	Ms. Pearly Antony
20.	Sphere of 3Ds(Discipline, Dedication, Determination)	Dr. Grinson George
21.	Conflict management	Ms. Reeja Fernandez
22.	Empathy in life	Ms. Bindu Sanjeev
23.	Cultivating burning desires and developing	Dr. Ashalatha
24.	Know your aptitude	Dr. Vipinkumar V P
25.	Critical thinking	Ms. Manjusha U
26.	Health and Habits	Ms. Smitha K
27.	Indigenous knowledge for healthy living	Ms. K P Salini
28.	Fisher community welfare	Mr. Charles George
29.	Work - life balance	Dr. Shyam S Salim
30.	Career planning and development	Dr. Grinson George
31.	Facilitation	Dr. Somy Kuriakose
32.	Stress management	Dr. Ajith Thomas
33.	Customer relationship	Dr. Ajith Thomas
34.	Instructional and Non-instructional responsibilities of individuals	Ms. Pearly Antony
35.	Knowing successful women- Interactions with Peoples representative	Ms. Roseline
36.	Fish farming Systems and Opportunities	Dr. Vikas P A
37.	Problem solving	Ms. Deepa P N
38.	Good manners in day to day life	Dr. Reshma V G
39.	Knowing successful women- Interactions with Scientist of International Repute	Dr. Shubha Sathyendranath
40.	Analyzing customer needs and customer satisfaction	Mr. Ramees Rahman
41.	Group Dynamics	Ms. Thankam Teresa Paul
42.	Communicative English- Verbal	Mr. Rahul G Kumar

43.	Communicative English- Written	Mr. Rahul G Kumar
44.	Public speaking	Dr. C Ramachandran
45.	Creativity and Creative thinking	Dr. Divya P.R
46.	Performance appraisal	Dr. Mini Sekharan
47.	Good working habits and Smart work	Dr. Mini Sekharan
48.	Leadership – Qualities, Skills	Dr. V Kripa
49.	Analysing Quotients-Emotions	Dr. Shyam S Salim
50.	Analysing Quotients- Passions	Dr. Shyam S Salim
51.	Successful career and its attributes	Dr. Sandhya Sukumaran
52.	Microenterprises: Marketing skills and strategies	Dr. P S Sivaprasad
53.	Monetary management	Mr. P S Harshakumar
54.	Knowing and learning CMFRI	Dr. Shyam S Salim
55.	Stop worrying and Start living	Ms. Remya R
56.	How to influence people	Dr. Sandhya Sukumaran
57.	Personal time management skills	Ms. Athira N R
58.	Healthy habits	Dr. Rakhy Shyam
59.	Goal setting	Dr. Rajool Shanis
60.	Talent development strategies	Mr. Bineesh.K.K
61.	Oyster farming	Ms. Vidya.R
62.	Time Management, Resource and priorities	Dr .Mary Metilda
63.	Time saving techniques through communication	Dr. Mary Metilda
64.	How to handle criticism	Mr. Sunil P V
65.	Life beyond barriers	Ms. Jenny B
66.	Time bounded planning towards success	Mr. Solomon K
67.	Financing women businesses	Mr. Roshan
68.	Women rights and empowerment	Ms. Smitha Sinjo
69.	Ornamental fish culture	Dr. Madhu K
70.	Value added fish products	Dr. Binsi P K
71.	Mussel farming	Mr. P.S.Alloysious
72.	Cage aquaculture	Dr. Boby Ignatius
73.	SWOT of Fisher women	Dr. Shinoj P
74.	Imparting Audio visual skills	Mr. Abhilash.P.R
75.	Imparting Audio visual skills	Mr. Abhilash.P.R
76.	Imparting Audio visual skills	Mr. N.K.Harshan
77.	Backyard Poultry farming	Dr. Pradeep M A
78.	Introduction to Computers	Dr. Mini.K.G

79.	Internet and creating E mail address	Dr. Mini.K.G
80.	Word /excel/PowerPoint	Dr. Somy Kuriakose
81.	Practical session on Computational skills	Mr. Manu V.K
82.	Practical session on Computational skills	Mr. Manjeesh .V
83.	Public speaking is an art or skill	Dr. Shyam S Salim
84.	Practical sessions on Communication skills-Verbal	Dr. Shyam S Salim
85.	Practical sessions on Communication skills-Verbal	Dr. Shyam S Salim
86.	Practical sessions on Communication skills-Verbal	Dr. Shyam S Salim
87.	Practical sessions on Communication skills-Listening	Dr Shyam S Salim
88.	Art of listening skills	Dr. Shyam S Salim
89.	Experiential learning-Tips for Job training and placements	Dr. Shyam S Salim
90.	Training evaluation: Ex-post assessment	Dr. Shyam S Salim

B. Title of the lecture and faculty -Theeranaipunya II

Sl.no	Lecture	Faculty
1.	Skill enhancement and Capacity Development of fisher youth	Dr. Shyam S Salim
2.	Training Programme ex ante assessment	Dr. Shyam S Salim
3.	Key note	Ms. Sathivathy, C.R
4.	Knowing yourself	Dr. Shyam S Salim
5.	Self-appraisal & Need assessment	Dr. Shyam S Salim
6.	Discover yourself	Mr. Binu Kaliyadan
7.	Empower yourself	Mr. Binu Kaliyadan
8.	Need for empowerment	Mr. Binu Kaliyadan
9.	Motivation	Mr. Binu Kaliyadan
10.	Alternate livelihood option	Mr. Mathew A.K
11.	Goal setting	Dr. Rajool Shanis
12.	Building Self : Confidence and Competence	Dr. Shoji Joy Edison
13.	Self Esteem	Ms. Maja Jose
14.	Attitude and attainment	Dr. Vipinkumar V P
15.	Values for a successful career and life	Dr. Aswathy. N

16.	Decision making	Ms. Dhanya G
17.	Art of positive thinking	Ms. Livi Wilson
18.	Know your Aptitude	Dr. Vipinkumar V P
19.	Effective ways of motivation	Mr. Binu Kaliyadan
20.	Effective communication means and methods	Dr. Vipin Kumar V P
21.	Problem Solving	Ms. Deepa P N
22.	Sphere of 3Ds(Discipline, Dedication, Determination)	Dr. Grinson George
23.	Critical thinking	Ms. Manjusha U
24.	Leadership -Qualities ,Skills	Dr. V Kripa
25.	Successful career and its attributes	Dr. Sandhya Sukumaran
26.	Empathy	Dr. Shyam.S.Salim
27.	Cultivating Burning desires	Dr. Ashalatha
28.	Good manners	Ms. Reshma K.J
29.	Success Strategies	Ms. Pearly Antony
30.	Stress management	Dr. Ajith Thomas
31.	Customer Relationship	Dr. Ajith Thomas
32.	Listening skills/ Public Speaking	Dr. C Ramachandran
33.	Analyzing customer needs and customer satisfaction	Mr. Rameez Rahman
34.	Fisher community welfare	Mr. Charles George
35.	Work Life Balance	Dr. Shyam.S.Salim
36.	Woman rights and empowerment	Ms. Smitha Sinjo
37.	Performance appraisal	Dr. Mini Sekharan
38.	SWOT- of fisherwomen	Dr. Shinoj. P
39.	How to overcome barriers	Ms. Reeja Fernandez
40.	Anger, Management and conflict resolution	Ms. Reeja Fernandez
41.	Government plans and programmes for women	Dr. Sreelu. N.S
42.	Personal Hygiene	Dr. Rakhy Shyam
43.	Health and habits	Ms. Smitha K
44.	Indigenous knowledge	Ms. K.P.Salini
45.	Creativity	Dr. Sumithra .T.G
46.	Group dynamics	Ms. Thankam Teresa Paul
47.	EQ (Emotional Quotient)	Dr. Shyam S Salim
48.	Creative thinking	Dr. Divya.P.R
49.	Communicative English	Mr. Rahul G Kumar
50	Official language-Hindi - Verbal	Ms. Uma E.K

51.	Official language-Hindi – No Verbal	Ms. Uma E.K
52.	Passion Quotient	Dr. Shyam S Salim
53.	Communicative English	Dr. Miriam Paul
54.	Instructional and Non instructional Responsibilities	Ms. Pearly Antony
55.	Talent development Strategies	Dr. K. K. Bineesh
56.	How to influence people	Dr. Sandhya Sukumaran
57.	Interpersonal skills	Dr.Shyam.S.Salim
58.	How to handle Criticism	Mr. Sunil P V
59.	Stop worrying and start living	Ms. Remya. R
60.	Microenterprises: Marketing skills and strategies	Mr. P.S. Sivaprasad
61.	Monetary management	Mr. P S Harsha Kumar
62.	Time Management, Resource and priorities	Dr. Mary Metilda
63.	Personal Time Management Skills	Ms. Athira N R
64.	Facilitation	Dr. Jeena N.S
65.	Time bounded planning towards success	Mr. Solomon K
66.	Personality Development	Dr. Nikitha Gopalan
67.	Career planning	Dr. Grinson George
68.	Aquaponics	Ms. Ann Mary Jephy
69.	Self-Image ,Self Defense	Ms. Rekha. G. Nair
70.	Financing women businesses	Mr. Roshan
71.	Levels of motivation	Ms. Bindu Antony
72.	Ornamental fish culture	Dr. K. Madhu
73.	Value added fish products	Dr. Bincy.P.K
74.	Cage aquaculture	Dr. Bobby Ignatius
75.	Mussel farming	Mr. P.S.Aloysius
76.	Oyster farming	Ms. Vidhya.R
77.	Backyard Poultry farming	Dr. Pradeep M A
78.	Fish farming	Dr. Vikas.P.A
79.	Integrated fish farming	Ms. Ann Mary Jephy
80.	Basic Statistics and Computational Skills	Dr. T.V.Sathianandan
80.	Computational skills	Ms. Safeena P.K
81.	Evolving fisherwoman livelihoods to businesses	Dr. Shyam. S. Salim
82.	Introduction to Computers	Dr. Mini.K.G
83.	Word /excel/PowerPoint	Dr. Somy Kuriakose

84.	Practical session	Mr. Manu V.K
85.	Internet and creating Email address	Dr. Mini.K.G
86.	Imparting Audio visual skills	Mr. Abhilash.PR
87.	Practical session- Photoshop	Mr. Abhilash.PR
88.	Practical session	Mr. Manjeesh .R
89.	Time bound planning towards success	Mr. Solomon .K
90.	Communication skills- Interactive presentations-I	Dr. Shyam. S. Salim
91	Communication skills- Interactive presentations-II	Dr. Shyam. S. Salim
92	Communication skills- Interactive presentations-III	Dr. Shyam. S. Salim
93	Communication skills- Interactive presentations-IV	Dr. Shyam. S. Salim
94	Experiential training	Dr. Shyam. S. Salim
95	Experiential training and placements	Dr. Shyam. S. Salim
96	Training Programme- ex post evaluation	Dr. Shyam. S. Salim
97.	Wrap up session and feedback	Dr. Shyam. S. Salim

C. Thematic areas of the training programme

The main theme areas of the training programme include:

Discover and empower yourself	Values for a successful career and life-Career planning	Healthy lifestyle
Motivation	Leadership – Qualities, Skills	Problem solving
Building Self: Confidence and Competence	Interpersonal Skills	Communication skills (English, Hindi)
Decision making	Time Management	Computer knowledge
Alternate livelihood options	Career panning	Art of public speaking and listening
Good manners	Quotients of life	Self esteem
Empowering women	Opportunities for fisherwomen	Quotients of life
Inferential and Experiential training	Statistics and Computational Skills	Empathy

D. Lecture Schedules-Theeranaipunya I

Date: 10.02.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	SAF commitment to fisherwomen community	Ms. Sathiavathy C.R
11.00 am – 12.30 pm	Knowing yourself	Dr. Shyam S Salim

12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Course evaluation: Ex-ante assessment	Dr. Shyam S Salim
3.00 pm – 4.30 pm	Self-appraisal & Need assessment	Dr. Shyam S Salim

Date: 11.02.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Discover yourself	Mr. Binu Kaliyadan
11.00 am – 12.30 pm	Discover yourself	Mr. Binu Kaliyadan
12.30 pm – 1.30 pm	Lunch	
1.30 pm – 3.00 pm	Empower yourself	Mr. Binu Kaliyadan
3.00 pm – 4.30 pm	Alternate livelihood options	Mr. Mathew A.K

Date: 12.02.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Attitude and attainment	Dr. Vipinkumar V P
11.00 am – 12.30 pm	Building Self : Confidence and Competence	Dr. Shoji Joy Edison
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Self Esteem	Ms. Maja Jose
3.00 pm – 4.30 pm	Self-image and Self Esteem for a positive outlook	Dr. Rekha J Nair

Date: 15.02.2016, Monday

Time	Session	Faculty
9.30 am – 11.00 am	Values for a successful career and life	Dr. Aswathy N
11.00 am – 12.30 pm	Decision making	Ms. Dhanya G
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Communication through Official language(Verbal)	Ms. E K Uma
3.00 pm – 4.30 pm	Effective communication- means and methods	Dr. Vipin Kumar V P

Date: 16.02.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	Communication through Official language(Written)	Ms. Vandana

11.00 am – 12.30 pm	Motivation and Planning	Mr. Binu Kaliyadan
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Effective ways for self-motivation	Mr. Binu Kaliyadan
3.00 pm – 4.30 pm	Success strategies for future	Ms. Pearly Antony

Date: 18.02.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Sphere of 3Ds(Discipline, Dedication, Determination)	Dr. Grinson George
11.00 am – 12.30 pm	Conflict management	Ms. Reeja Fernandez
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Empathy in life	Ms. Bindu Sanjeev
3.00 pm – 4.30 pm	Cultivating burning desires and developing	Dr. Ashalatha

Date: 19.02.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Know your aptitude	Dr. Vipinkumar V P
11.00 am – 12.30 pm	Critical thinking	Ms. Manjusha U
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Health and Habits	Ms. Smitha K
3.00 pm – 4.30 pm	Indigenous knowledge for healthy living	Ms. K P Salini

Date: 20.02.2016, Saturday

Time	Session	Faculty
9.30 am – 11.00 am	Fisher community welfare	Mr. Charles George
11.00 am – 12.30 pm	Work - life balance	Dr. Shyam S Salim
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Career planning and development	Dr. Grinson George
3.00 pm – 4.30 pm	Facilitation	Dr. Somy Kuriakose

Date: 22.02.2016, Monday

Time	Session	Faculty
9.30 am – 11.00 am	Stress management	Dr. Ajith Thomas
11.00 am – 12.30 pm	Customer relationship	Dr. Ajith Thomas
12.30 pm – 1.30 pm	Lunch Break	

1.30 pm – 3.00 pm	Instructional and Non-instructional responsibilities of individuals	Ms. Pearly Antony
3.00 pm – 4.30 pm	Knowing successful women-Interactions with Peoples representative	Ms. Roseline

Date: 23.02.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	Fish farming Systems and Opportunities	Dr. Vikas P A
11.00 am – 12.30 pm	Problem solving	Ms. Deepa P N
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Good manners in day to day life	Dr. Reshma V G
3.00 pm – 4.30 pm	Knowing successful women-Interactions with Scientist of International Repute	Dr. Shubha Sathyendranath

Date: 24.02.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	Analyzing customer needs and customer satisfaction	Mr. Rameez Rahman
11.00 am – 12.30 pm	Group Dynamics	Ms. Thankam Teresa Paul
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Communicative English- Verbal	Mr. Rahul G Kumar
3.00 pm – 4.30 pm	Communicative English- Written	Mr. Rahul G Kumar

Date: 26.02.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Public speaking	Dr .C. Ramachandran
11.00 am – 12.30 pm	Creativity and Creative thinking	Dr. Divya P.R
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 4.30 pm	Safalam – SAF	

Date: 27.02.2016, Saturday

Time	Session	Faculty
9.30 am – 11.00 am	Performance appraisal	Dr. Mini Sekharan
11.00 am – 12.15 pm	Good working habits and Smart work	Dr. Mini Sekharan

12.15 pm – 12.45pm	Lunch Break	
12.45 pm – 2.00 pm	Leadership – Qualities, Skills	Dr. V Kripa
2.00 pm – 3.15 pm	Analysing Quotients-Emotions	Dr. Shyam S Salim
3.15 pm – 4.30 pm	Analysing Quotients- Passions	Dr. Shyam S Salim

Date: 29.02.2016, Monday

Time	Session	Faculty
9.30 am – 11.00 am	Successful career and its attributes	Dr. Sandhya Sukumaran
11.00 am – 12.30 pm	Microenterprises: Marketing skills and strategies	Dr. P S Sivaprasad
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Monetary management	Mr. P S Harshakumar
3.00 pm – 4.30 pm	Knowing and learning CMFRI	Dr. Shyam S Salim

Date: 01.03.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	Stop worrying and Start living	Ms. Remya R
11.00 am – 12.30 pm	How to influence people	Dr. Sandhya Sukumaran
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Personal time management skills	Ms. Athira N R
3.00 pm – 4.30 pm	Interpersonal Skills	Dr. Shyam S Salim

Date: 02.03.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	Healthy habits	Dr. Rakhy Shyam
11.00 am – 12.30 pm	Goal setting	Dr. Rajool Shanis
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Talent development strategies	Mr. Bineesh
3.00 pm – 4.30 pm	Oyster farming	Ms. Vidya.R

Date: 03.03.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Time Management, Resource and priorities	Dr. Mary Metilda
11.00 am – 12.30 pm	Time saving techniques through communication	Dr. Mary Metilda
12.30 pm – 1.30 pm	Lunch Break	

1.30 pm – 3.00 pm	How to handle criticism	Mr. Sunil P V
3.00 pm – 4.30 pm	Life beyond barriers	Ms. Jenny B

Date: 05.03.2016, Saturday

Time	Session	Faculty
9.30 am – 11.00 am	Time bounded planning towards success	Mr. Solomon K
11.00 am – 12.15 pm	Financing women businesses	Mr. Roshan
12.15 pm – 12.45pm	Lunch Break	
12.45 pm – 2.00 pm	Women rights and empowerment	Ms. Smitha Sinjo
2.00 pm – 3.15 pm	Ornamental fish culture	Dr. Madhu .K
3.15 pm – 4.30 pm	Value added fish products	Dr. Binsi P K

Date: 08.03.2016, Tuesday

Time	Session	Faculty
9.30 am – 10.45 am	Mussel farming	Mr. P.S. Alloysious
10.45 am – 12.15 pm	Cage aquaculture	Dr. Bobby Ignatius
12.15 pm – 12.45 pm	Lunch Break	
12.45 pm – 2.00 pm	SWOT of Fisher women	Dr. Shinoj P
2.00 pm – 3.15 pm	Imparting Audio visual skills	Mr. Abhilash.PR
3.15 pm – 4.30 pm	Imparting Audio visual skills	Mr. Abhilash.PR

Date: 09.03.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	Backyard Poultry farming	Dr. Pradeep M A
11.00 am – 12.30 pm	Basic Statistics and Computational Skills	Dr. T.V.Sathianandan
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Introduction to Computers	Dr. Mini.K.G
3.00 pm – 4.30 pm	Internet and creating E mail address	Dr. Mini.K.G

Date: 10.03.2016, Thursday

Time	Session	Faculty
9.30 am – 10.45 am	Word /excel/PowerPoint	Dr. Somy Kuriakose
10.45 am – 12.15 pm	Practical session on Computational skills	Mr. Manu V.K and Mr. Manjeesh
12.15 pm – 12.45 pm	Lunch Break	
12.45 pm – 3.00 pm	Practical sessions on	Dr. Shyam S Salim

	Communication skills-Verbal	
3.00 pm – 4.30 pm	Practical sessions on Communication skills-Listening	Dr. Shyam S Salim

Date: 11.02.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Trainee presentations	Dr. Shyam S Salim
11.00 am – 12.30 pm	Trainee presentations	Dr. Shyam S Salim
12.30 pm – 1.00 pm	Lunch Break	
1.00 pm – 2.00 pm	Art of listening skills	Dr. Shyam S Salim
2.00-3.00 pm	Experiential learning–Tips for Job training	Dr. Shyam S Salim
3.00 pm – 4.30 pm	Training evaluation: Ex-post assessment	Dr. Shyam S Salim

E. Lecture Schedules- Theeranaipunya II

Date: 05.11.16, Saturday

Time	Session	Faculty
9.00 am	Registration	Team- SEETTD
9.00-10.30	Skill enhancement and capacity development of fisher youth	Dr. Shyam S Salim
11.00 am – 12.30 pm	SAF commitment to fisherwomen community	Ms. Sathiavathy C.R
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 2.30 pm	Knowing yourself	Dr. Shyam S Salim
2.30-3.30 pm	Course evaluation: Ex-ante assessment	Dr. Shyam S Salim
4.00-5.30	Self-appraisal & Need assessment	Dr. Shyam S Salim

Date: 07.11.2016, Monday

Time	Session	Faculty
9.30 am – 11.00 am	Discover yourself	Mr. Binu Kaliyadan
11.00 am – 12.30 pm	Discover yourself	Mr. Binu Kaliyadan
12.30 pm – 1.30 pm	Lunch	
1.30 pm – 3.00 pm	Empower yourself	Mr. Binu Kaliyadan
3.00 pm – 4.30 pm	Interpersonal relationships	Dr. Shyam S Salim

Date: 08.11.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	Attitude and attainment	Dr Vipinkumar V P
11.00 am – 12.30 pm	Emotional quotient	Dr. Shyam S Salim
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Self Esteem	Ms. Maja Jose
3.00 pm – 4.30 pm	Goal Setting	Mr. Rajool Shanis

Date: 09.11.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	Passion Quotient	Dr. Shyam S Salim
11.00 am – 12.30 pm	Introduction to computers- word, excel, PowerPoint	Dr. Somy Kuriakose.
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Practical session on word excel and power point	Mr. Manu. E.K
3.00 pm – 4.30 pm	Effective communication- means and methods	Dr. Vipin Kumar V P

Date: 10.11.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Motivation	Mr. Binu Kaliyadan
11.00 am – 12.30 pm	Effective ways for self-motivation	Mr. Binu Kaliyadan
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Work Life balance	Dr. Shyam S Salim
3.00 pm – 4.30 pm	Values for successful carrier and life	Dr. N. Aswathy

Date: 11.11.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Aptitude and attainment	Dr. Vipinkumar V P
11.00 am – 12.30 pm	Critical thinking	Ms. Manjusha U
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Leadership	Dr. V. Kripa
3.00 pm – 4.30 pm	How to influence others	Dr. Sandhya Sukumaran

Date: 15.11.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	Empathy	Dr. Shyam S Salim
11.00 am – 12.30 pm	Cultivating burning desires	Dr. Ashalatha
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Good manners	Ms. Reshma V.G
3.00 pm – 4.30 pm	Success Strategies	Ms. Pearly Antony O

Date: 16.11.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	Stress Management	Dr. Ajith Thomas
11.00 am – 12.30 pm	Customer relationship	Dr. Ajith Thomas
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Instructional and non-instructional responsibilities	Ms. Pearly Antony O,
3.00 pm – 4.30 pm	Good working habits and Smart Work	Dr. Mini Sekharan

Date: 17.11.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Building Self: Confidence and Competence	Mr. Shoji Joy Edison
11.00 am – 12.30 pm	Analysing customer needs and customer satisfaction	Mr. Rameez Rahman
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Creativity	Ms. Sumithra T.G
3.00 pm – 4.30 pm	Aquaponics	Ms. Ann Mary Jephy

Date: 18.11.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Fish farming Systems and Opportunities	Dr. Vikas P A
11.00 am – 12.30 pm	Problem solving	Ms. Deepa P N
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Good manners in day to day life	Dr. Reshma V G
3.00 pm – 4.30 pm	Knowing successful women- Interactions with Scientist of International Repute	Dr. Shubha Sathyendranath

Date: 19.11.2016, Saturday

Time	Session	Faculty
9.30 am – 11.00 am	Effective communication means and methods	Dr. Vipinkumar V P
11.00 am – 12.30 pm	Health and Habits	Ms. Smitha K
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Public speaking skills	Dr. C. Ramachandran
3.00 pm – 4.30 pm	How to handle criticism	Mr. Sunil P.V

Date: 21.11.2016, Monday

Time	Session	Faculty
9.30 am – 11.00 am	Time management, Resource and Priorities	Dr. Mary Metilda
11.00 am – 12.30 pm	Group Dynamics	Ms. Thankam Theresa Paul
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Integrated fish farming	Ms. Ann Mary Jephy
3.00 pm- 4.30pm	Anger Management and conflict resolution	Ms. Reeja Fernandez

Date: 22.11.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	Communicative English	Mr. Rahul. G. Kumar
11.00 am – 12.15 pm	Communicative English	Mr. Rahul. G. Kumar
12.15 pm – 12.45pm	Lunch Break	
1.30 pm – 3.00 pm	Official language- Hindi	Ms. Uma. E.K
3.00 pm- 4.30pm	Official language- Hindi	Ms. Uma. E.K

Date: 23.11.2016, Wednesday

Time	Session	Faculty
9.30 am – 11.00 am	Sphere of 3Ds	Dr. Grinson George
11.00 am – 12.30 pm	Personal Hygiene	Dr. Rakhy Shyam
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Communicative English	Dr. Miriyam Paul
3.00 pm – 4.30 pm	Talent development strategies	Dr. K.K. Bineesh

Date: 24.11.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Women rights and empowerment	Ms. Smitha Sinjo
11.00 am – 12.30 pm	Practical computer	Mr. Manu V.K

12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Practical	Mr. Manu V.K
3.00 pm – 4.30 pm	Creative thinking	Dr. Divya P R

Date: 25.11.2016, Friday

Time	Session	Faculty
9.30 am – 11.00 am	Alternate livelihood options	Mr. Mathew. E.K
11.00 am – 12.30 pm	Micro enterprises marketing skills and strategies	Dr. Sivaprasad P S
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Monetary management	Mr. Harshakumar
3.00 pm – 4.30 pm	Stop worrying and start living	Ms. Remya Rajesh

Date: 26.11.2016, Saturday

Time	Session	Faculty
9.30 am – 11.00 am	Positive thinking	Ms. Livi Wilson
11.00 am – 12.30 pm	Time management	Ms. Athira N.R
12.30 pm – 1.30 pm	Lunch Break	
1.30 pm – 3.00 pm	Facilitation	Dr. Jeena. N.F
3.00 pm – 4.30 pm		

Date: 29.11.2016, Tuesday

Time	Session	Faculty
9.30 am – 11.00 am	How to overcome barriers in life	Ms. Reeja Fernandez
11.00 am – 12.15 pm	Financing women businesses	Mr. Roshan
12.15 pm – 12.45pm	Lunch Break	
12.45 pm – 2.00 pm	Visual communication	Mr. Abhilash P.R
2.00 pm – 3.15 pm	Ornamental fish culture	Dr. K. Madhu
3.15 pm – 4.30 pm	Value added fish products	Dr. Binsy P.K

Date: 30.11.2016, Wednesday

Time	Session	Faculty
9.30 am – 10.45 am	Mussel farming	Mr. P.S. Aloysius
10.45 am – 12.15 pm	Cage aquaculture	Dr. Bobby Ignatius
12.15 pm – 12.45 pm	Lunch Break	
12.45 pm – 2.00 pm	SWOT of Fisher women	Dr. Shinoj P

2.00 pm – 3.15 pm		
3.15 pm – 4.30 pm	Oyster farming	Ms. Vidhya R

Date: 01.12.2016, Thursday

Time	Session	Faculty
9.30 am – 11.00 am	Fish farming	Dr. Vikas
11.00 am – 12.30 pm	Carrier planning	Dr. Grinson George
12.30 pm – 1.30 pm	Lunch break	
1.30 pm – 3.00 pm	Basic statistical and computational skills	Dr. T.V Sathianathan
3.00 pm – 4.30 pm	Computational skills	Ms. Safeena P.K

Date: 02.12.2016, Friday

Time	Session	Faculty
9.30 am – 10.45 am	Internet and email	Dr. Mini. K.G
10.45 am – 12.15 pm	Internet and email	Dr. Mini. K.G
12.15 pm – 12.45 pm	Lunch Break	
12.45 pm – 3.00 pm	Practical sessions on Communication skills-Verbal	Dr. Shyam S Salim
3.00 pm – 4.30 pm	Practical sessions on Communication skills-Verbal	Dr. Shyam S Salim

Date: 03.12.2016, Saturday

Time	Session	Faculty
9.30 am – 11.00 am	Problem solving	Ms. Deepa P.N
11.00 am – 12.30 pm	Backyard poultry farming	Dr. Pradeep M.A
12.30 pm – 1.30 pm	Lunch	
1.30 pm – 3.00 pm	Self-confidence to Self esteem	Ms. Rekha. J. Nair
3.00 pm – 4.30 pm	Introducing adobe Photoshop	Mr. Abhilash P.R

Date 5.12.2016, Monday

Time	Session	Faculty
9.30 am – 10.45 am	Time planning towards to success	Mr. K. Solomon
10.45 am – 12.15 pm	Ways to motivation	Ms. Bindhu Antony
12.15 pm – 12.45 pm	Lunch Break	
12.45 pm – 3.00 pm	Cultural events of trainees	
3.00 pm – 4.30 pm	Cultural events of trainees	

06.12.2016, Tuesday

Time	Session	Faculty
9.30 am – 10.45 am	Technical session- Interactive presentations	Dr. Shyam. S. Salim
10.45 am – 12.15 pm	Technical session- Interactive presentations	Dr. Shyam. S. Salim
12.15 pm – 12.45 pm	Lunch Break	
12.45 pm – 3.00 pm	Technical session- Interactive presentations	Dr. Shyam. S. Salim
3.00 pm – 4.30 pm	Valedictory	Dr. Shyam. S. Salim

A. Typical daily schedule.

Sl.No:	Time	Schedule
1.	9.20-9.30	Important Announcements
2.	9.30-11.00	Lecture I
3.	11.00-11.05	Tea break
3.	11.05-12.30	Lecture I
4.	12.30-13.30	Lunch break
5.	13.30-15.00	Lecture III
6.	15.00-15.05	Tea break
7.	15.00-16.30	Lecture IV
8.	16.30-16.35	Announcements

Each lecture included a practical activity. Due to some unannounced holiday during the last week classes started at 9.00 am

5) Course Director's Summary of participant's Capacity building programme-Theeranaipunya Theeranaipunya I- Inaugural session

Dr. A. Gopalakrishnan inaugurated the Theeranaipunya programme on 10th February 2016. Dr. Shyam. S.Salim, Course Director & Principal Scientist outlined the content of the training programme. He emphasized that the course was aimed on enhancing the overall capacities of the trainees and help them to have a better future. Thirty five young educated unemployed women suggested by SAF are trained under the programme.



The training approach includes both theoretical and applied sections. The faculties were from CMFRI, CIFT, Professors from colleges, staff from State Bank of India, Advocate from High court, Members of social welfare, member from panchayath and other accomplished and other experienced individuals in their realm of influence. Around 45 faculties from CMFRI and 25 guest faculties were involved in the programme. The training includes two phases each lasting for a month.

Phase I- Inferential learning through class rooms, Phase II -Experiential learning through in-situ training.

Theeranaipunya II-Inaugural session

Ms. Sathiavathy. C.R inaugurated the Theeranaipunya programme on 5th November 2016. Dr. Shyam. S. Salim, Course Director &Principal Scientist outlined the content of the training programme. He emphasized that the course was aimed on enhancing the overall capacities of the trainees and help them to have a better future. Thirty five young educated unemployed women suggested by SAF are trained under the programme. The training programme featured in some of the major dailies.



The training approach includes both theoretical and applied sections. The faculties were from CMFRI, CIFT, Professors from colleges, staff from State Bank of India, Advocate from High court, Members of social welfare, member from panchayath and other accomplished and other experienced individuals in their realm of influence. Around 38 faculties from CMFRI and 25 guest faculties were involved in the programme. The training includes two phases each lasting for a month.

Phase I- Inferential learning through class rooms,

Phase II -Experiential learning through in-situ training.

Theeranaipunya I- Valedictory session for inferential training

The valedictory function for the classroom training was held on 11th March in CMFRI. The welcome address and the presentation of the report of Phase I of the training programme was done by Dr Shyam S Salim, Course Director. This was followed by the feedback of the participants. The participants opined that the training programme was very effective and had provided them with an opportunity to get to know CMFRI and its activities .the training programme also provided them with an exposure to the training requirement and also made an impact on improving their personality. Dr Narayanakumar, Director in Charge and Head, SEETTD lauded the team work of the division. Dr. Maja Jose Assistant Director, training delivered the vote of thanks for the gathering. She extended her heartfelt thanks to all the delegates and the training team for the success of the training programme.

Theeranaipunya II-Valedictory session of inferential learning (phase -I)

The valedictory function of the class room training was held on 6th December 2016 in CMFRI. The welcome address and the presentation of the report were done by Dr Shyam S Salim, Course Director. This was followed by the feedback of the participants. The participants opined that the training programme was very effective and had provided them with an opportunity to get to know CMFRI and its activities. The training programme also provided them with an exposure to the training requirement and also made an impact on improving their personality.

Phase II- Experiential training

During the inception of the training programme the trainees were given two schedules to analyse their training need and their self-appraisal. Based on the need analysis the areas of interest of the trainees were identified. The options were identified and weighed on the future prospect based on their sustained and prospective future and skill set. This was meant to create resourceful short term career and to develop trainees' entrepreneurial skills; thus exposing the trainees to varied institutional experiences and organizational setups. Options were given to the trainees to choose their area of interest. Three weeks of reviewing the options were done and a database was developed. Consultations were done with the training centres and finalised the different options. Request letter were sent to the identified training centres like government agencies, NGOs, companies and a confirmations were made with them. And the trainees were allotted to the different centres. Prior to the valedictory session of the inferential learning, the placement orders for the experiential training were handed over to the participants with the guidelines and deliverables.

The trainees of Theeranaipunya -I were placed in the following establishments:

Name	Training organizations
Jiby K.V.(Ms.)	Puthuvypu fisheries station
Sajana Ullas.(Ms.)	KVK Njarakkal
Keerthi (Ms.)	Kerala State Industrial Development Corporation
Anisha VJ (Ms.)	CMFRI, Personnel Section
Hitha P.K (Ms.)	High court
Honey P.R (Ms.)	Olio bread
Vinayamol N.A. (Ms.)	NIFAM training Centre, Kadugalore
Divya C.D. (Ms.)	Njarakkal Eco tourism
Poojalskshmi K.S(Ms.)	Paravur fisheries office
Elizabeth Riya CJ (Ms.)	ICDS Project office, Njarakkal
Saneesha K.S (Ms.)	Munambam fisheries station
Salini C.S. (Ms.)	KVK Njarakkal
Mary Joseena (Ms.)	DD Office, Ernakulam
Mary Niya S.J (Ms.)	St.Teresas College
Athira K.J. (Ms.)	St.Teresas College
Viji P.V. (Ms.)	Cap exports
Asha Chandran (Ms.)	Cap exports
Monisha Mohanan (Ms.)	Sree Sudheendra Medical Mission Hospital
Varsha A.M. (Ms.)	CMFRI Library
Devika P.R (Ms.)	Vypin Fisheries station
Asha.P (Ms.)	Vypin Fisheries station
Krishnendu .T.U (Ms.)	ICDS Project office, Njarakkal
Shani AP (Ms.)	DD Office, Ernakulam
Dilna K.D (Ms.)	Nayarambalam Matsyafed office
Niva A.S (Ms.)	Supplyco
Sruthy A.S (Ms.)	Supplyco
Geethu P.M (Ms.)	CIFRI Laboratory
Aswathy A.S. (Ms.)	Supplyco
Drishya Anilkumar (Ms.)	Puthuvypu Fisheries Office
Sruthymol K.S (Ms.)	CMFRI Cooperative society
Amisha .P.Murukan (Ms.)	Civil station, Kakkanad
Greeshma P.K (Ms.)	CMFRI, Personal Section
Shyma Sumesh (Ms.)	Uni Accounts Services

Aswathy KM (Ms.)	CMFRI, FEMD Laboratory
Jeethumol .T.J (Ms.)	CMFRI, SEETTD

The trainees of Theeranaipunya -II were placed in the following establishments:

Trainees	Training Organizations
Anna Sherin (Ms.)	Supplyco
Shani Sanil (Ms.)	Fisheries Station Paravur
Anju Shibu (Ms.)	Fisheries Station Cherai
Syama .P.S (Ms.)	SAF
Ashkey Dharmaraj (Ms.)	CMFRI data entry - Stores
Vani Viswyanath (Ms.)	CMFRI Cooperative society
Geethu P.D(Ms.)	Olio malipuram
Shemy Jibin (Ms.)	Supply co
Shani Vinod (Ms.)	Fisheries Station Cherai
Nishala.A.P (Ms.)	Fisheries Station Paravur
Carrin Fernadez (Ms.)	Elankunnapuzha panchayath
Sajmi .P.J. (Ms.)	Yamaha
Amritha Dinakaran (Ms.)	Supplyco
Thushara .V.P (Ms.)	ICDS Elankunnapuzha
Nandhini P.S (Ms.)	Sundeendhra hospital
Neena.K.J (Ms.)	Supply co
Soumya M.S. (Ms.)	ICDS Njarakkal
Romiya (Ms.)	Cap exports vypin
Sruthy M.B (Ms.)	CMFRI data entry
Mary Jinsa (Ms.)	DD Office ernakulam
Ruby Titus (Ms.)	Fisheries, puthuvypu
Swathy C.S (Ms.)	DD Office ernakulam
Rency A.P (Ms.)	ICDS Elankunnapuzha
Archana T.V(Ms.)	Cap exports Vypin
Anjali M.I(Ms.)	SAF / KAVIL
Neethu K.M(Ms.)	SAF / KAVIL
Sreeja.T.S (Ms.)	Krishibhavan, maalipuram
Febina.P.F (Ms.)	Uni homes
Ambily M.J (Ms.)	Munambam harbour engineering office

Product / Outcome:

The trainees of Theeranaipunya I had undergone their training during the period from March 14th to April 13th. They reported back to CMFRI on 23rd April where a review was done on the accomplishment and responsibilities which they had shouldered during the course of the training and their future course plan. All the trainees responded positively and some of them were ready to extend their training in the above institutions without any emoluments. The greatest achievement of the training programme was that two of the trainees were made permanent in the respective training centres during the course of the training programme. Some of the training centres expressed their interest to engage those trainees as a part of their system.

The trainees of Theeranaipunya II had undergone their training from 7th December 2016 to 6th January 2017. They reported back to CMFRI on January 7th 2017 where they shared their experiences during their training process. They were of the view that the experiential training was successful and they were exposed to hands on training. Meeting people and rapport building in the experiential training have improved their soft skills and learning capacities. Moreover they have exposed to understand the wide area of their specialisation and also become aware of the whole functioning of the institutes

Break up meeting/ Valedictory function of Theeranaipunya-I

The valedictory function of the Theeranaipunya I training programme was conducted on 23rd April 2016. The welcome address and the presentation of the report of the Theeranaipunya training programme were done by Dr Shyam S Salim, Course Director. This was followed by the review of the training programme by faculties, facilitators and the trainees. The participants opined that the training programme was very effective and had provided them with an opportunity to articulate them as better human being in their life and carrier and provided them the opportunity to see new vision about their future. The faculties optioned that the changes in the trainees was quite significant and the training programme has provided them greater insights to their life. The facilitators of the training programme shared their experiences with the trainees when they were in their organisations and they expressed their full support for the coming training programmes. Dr. R. Narayanakumar, Head of the Division, SEETD delivered the presidential address. He expressed his gratitude to all the trainees, faculties and facilitators for the grant success of the training programme. Ms Sathiavathy. C.R, Executive Director, SAF thanked



CMFRI for shouldering the responsibility to doing such a unique programme. The release of the training manual and the DVD of the training programme were done by Ms. C. R. Sathiavathy. All the trainees were given a certificate for participating in the training programme. The Best trainees were identified using the parameters like the ex post training marks, involvement during the training programme, marks of the presentation, punctuality during the sessions, accomplishments and facilitators feedback during the training. Four trainees were selected: The best trainee first position was Monisha Mohanan, Jiby K.V in the second position and Shyma Suresh and Salini C.S for the third position. Dr. Maja Jose Assistant Director, training delivered the vote of thanks for the gathering. She extended her heartfelt thanks to all the delegates and the training team for the success of the training programme.



Break up meeting/ Valedictory function of Theeranaipunya-II

The valedictory function was held on 7th January 2017 in CMFRI. The function started at 12.30 pm with the prayer song invoking the blessings of the Almighty. Dr. Maja Jose Assistant Director of fisheries & Nodal officer, SAF addressed the gathering and she expressed her heartfelt thanks to all the delegates and training team for the success of the training programme and motivated the trainees to do strive for excellence in their future endeavours. Dr. Shyam.S. Salim, course director given an introductory speech about the training programme and pointed out the modalities of the training programme, how it is conceived and the activities done during the process. He also mentioned that about four trainees have got job placements and assure that the interventions of CMFRI will not stop until all these trainees got permanent



placements at the earliest. Dr. Narayanakumar, Principal Scientist and Head, CMFRI delivered the presidential address and lauded the team work of the division. The Director of CMFRI Dr. A. Gopalakrishnan was the chief guest of the gathering. Speaking on the occasion he wished all the participants a very bright future and said CMFRI will continue to extend its support and help and has the social responsibility to uplift the fisherwomen in future. Based on the concurrent evaluation on inferential and experiential learning accolades for the best trainee was given to Soumya M.S, Nishala.K.P and Carrin Fernandez for the first, second and third positions respectively by Director, CMFRI. The participant's certificates were given to all the trainees. Dr.P.S. Sivaprasad, technical officer, SAF, thanked CMFRI for shouldering the responsibility to do such a unique programme. He extends his felicitation by expecting his wish for the future ventures with CMFRI. This was followed by the feedback of the participants, faculties and facilitators. The participants opined that the

training programme was very effective and had provided them with an opportunity to get to know CMFRI and its activities. The training programme also provided them with an exposure to the training requirement and made an impact on improving their personality. From the faculties Mr. Binu Kaliyadan, Professional trainer, I Corporate Solutions and Dr. Jeena N.S, Scientist, CMFRI have lauded the efforts of the training team and wish the trainees for a very bright future. One of the facilitators of the experiential training Mrs Maniamma M.G, Chief Nursing Officer, Sree Sucheendhra medical mission Hospital shared her experiences with the trainee from Theeranaipunya and wished all a very bright future. She also expressed her willingness in absorbing one of the trainees to the hospital rules. The release of the training manual and the DVD was done by Director, CMFRI. Ms. Ann Mary Jeffy, Programme coordinator of Theeranaipunya delivered the vote of thanks for the gathering. She extended her heartfelt thanks to all the delegates and the training team for the success of the training programme.



Release of Manual and DVD



Annexures

- Annexure I – Self Appraisal Need assessment schedule
- Annexure II –Invitations / Programme of Theeranaipunya I
- Annexure III- Invitations / Programme of Theeranaipunya II
- Annexure IV- Training Evaluation Proforma
- Annexure V - Guidelines and deliverables
- Annexure VI -Training programme evaluation-Exante & Expost
- Annexure VII- Snaps
- Annexure VIII- Exposure and Media Coverage

7. Empowering fisherwomen – Experiences from Theeranaipunya

The family values, customs and beliefs of the fisher community paved way for the overall development of the sector with commendable improvement in all walks of life recognised with their better standard of life. However, in the process of development the empowerment of women is at the cross roads with many instances in which they were being side-lined. The capacity building training programme was meant to facilitate the training aspiration and skill development of the fisher youth especially the women.

The training programme was conceived primarily as an opportunity to identify and improve the skills of the fisherwomen community who maybe lagging behind other girls across other sectors. Indeed all the training programmes aim and envisages towards placement prospects with gainful emoluments. But it is true that Theeranaipunya provided a platform where the educated unemployed fisherwomen (married/unmarried) were provided an innate opportunity to meet and interact with the people which would help in identifying themselves, widening their knowledge domain, ushering in new hopes, recognition within the households and to think and act independently and visioning a better individual thereby transforming the lives of many others.



The impact of the programme couldn't be gauged within a short time, but it indeed I am happy that the training programme opened a leaf in the chapter to diversify their limited roles from a daughter/ wife / mother to an individual who could meaningfully contribute to the community and the society. The opportunities could be many - working in different establishments (public/ private), or the opportunity to open up their closed books or it has been an occasion were women felt that they could do wonders to the world.

CMFRIs commitment to the young fishers isn't limited to the training programme but will continue by engaging and facilitating them for their future in realising their dreams and hopes

Wishing the trainees. All the best

Shyam. S. Salim

Annexures

	A Capacity Building Training Programme Theeranaipunya CMFRI-SAF Initiative	
---	---	---

Self-Appraisal and Need Assessment

1.	Name (IN BLOCK LETTERS)	
2.	Address :	
3.	Age	
4.	Mobile no:	
5.	Email address	

Personal Details:

Sl.No	Name	Relation	Age	Education	Income	Remarks
1.						
2.						
3.						
4.						

Educational Qualifications:

Sl.No	Name of the educational institution	Degree	Year	University	Mark
1.					
2.					
3.					
4.					
5.					

Training experience

Sl. No	Name of the institution	Area	Year	Experience gained	Experience used	Remarks
1.						
2.						
3.						
4.						

Work experience

Sl. No	Name of the Organization	Degree	Period of work		Responsibilities	Current status
			From	To		
1.						
2.						
3.						
4.						

SELF-APPRAISAL

What is your aim and ambition in life?

Who is the person who has influenced the most in your life and How?

Do you make self-evaluation for developing yourself? Yes / No. If Yes , How

What do you feel as the greatest achievement in your life?

The most cherished moment in your life?

How creative you are in doing things? Cite one example which comes to your mind

Which aspect has given you the greatest satisfaction in life?

Family / Education / Finance / Friends / Spirituality / Others _____

What aspect has given you the least satisfaction in life?

Family / Education / Finance / Friends / Spirituality / Others _____

What were the most important challenges you faced in your life ?Cite one incident which could be shared

Were you able to solve and if Yes, How could you face / solve the same?

How do you plan to overcome your difficulties- personal / social?

What are the goal you believe exists which still has to be achieved?

What are your goals for this year?

How do you plan to go further in fulfilling the goals?

Do you feel secure with your family / friends?

List out your major Strength / Weakness

Strength:_____

Weakness:_____

Do you agree that women need to work? If Yes Why?

Do you feel gender equality is possible in all area and is it necessary?

Do you feel that women are having enough security in the present society? If not, point out the reasons for it?

Are you happy with the present level of women empowerment? Yes / No

If No, your suggestions for improving women empowerment

List the most important qualities in you?

Are you willing to go for job?

What do you consider to be your work related strengths and weaknesses?

Strength:_____

Weakness:_____

Who is the biggest support for you opting for job?

Do you have written clear and well defined goals for your future job activities? State Yes or No, If Yes...

What is the biggest hindrance in your life?

With whom do share your feelings and How often

Who will be the first person you will depend on when you are in a critical situation?

What all factors influence you while taking a decision (personal / professional)?

How confident are you to tackle a situation?

Do you try to maintain good relationship and connect with people whom you have met during your professional / personal life? Always / Sometimes / Never

Need Assessment

Which sectors are you interested as a part of building your career?

- | | | |
|--------------------|-----------------|--------------------------|
| a. Fisheries | b. Business | c. Garments & Textiles |
| d. Supermarkets | e. Housekeeping | f. Agriculture |
| g. Catering | h. Social Work | i. Politics |
| j. Self-Employment | k. Research | l. Others (specify)..... |

Please indicate your current job level

- | | | |
|----------------------|--------------------------|------------------|
| a. Teacher | b. Office staff | c. self employed |
| d. Trainee / Student | e. Entrepreneur | f. Supervisor |
| g. Home maker | h. Others (specify)..... | |

What all factors influence you while selecting your job

- | | | |
|--------------------------|------------------|------------------|
| a. Salary | b. Designation | c. Location |
| d. Boss | e. Reputed Firms | f. Working Hours |
| g. Others (specify)..... | | |

Which type of training do you prefer most

- | | | |
|-----------------------|---------------------|-------------|
| a. Classroom | b. Video | c. Internet |
| d. Practical Sessions | e. Group Discussion | |

What type of employment do you prefer – Full time / Part time /

What type of work culture do you think is more effective – Individual / Team work

What are the factors that you need to develop in improving your job

Factors that are limiting your work

- | | | |
|---------------|--------------------------|------------------------------|
| a. Family | b. Physical disabilities | c. Location |
| d. Colleagues | e. Nature of work | f. Boss & Co-worker relation |

Have you ever faced any issues previously in your job

Do you have previous work experience? Yes / No

Reason for quitting your previous job

Were you comfortable while working with your Superiors / peers

Do you have a teambuilding spirit; if yes cite a good experience

Do you enjoy working as a team; if yes cite a memorable accomplishment

If you are given a duty by your superior, how will you accomplish it?

Individually / Seek Support / Share it with others / Pass on to others

Do you think future training and professional development is needed for your career

How often do you feel that training should be imparted to you during your career development for the future?

What do you feel is that prevent you from meeting or achieving your targets?

Would you like to provide any other details here

What is the most preferred area/ institution where you would like to have your job placement training for a month (in order of preference)

1.

2.

3.

(Tourism / Co-operatives / Administration / Hospitality / Research / Textiles / Sales & Marketing / Customer care / Any Others



CENTRAL MARINE FISHERIES RESEARCH INSTITUTE

(Indian Council of Agricultural Research)



Theeranaipunya I – Equipping the fisherwomen youth for the future

INAUGURAL PROGRAMME

10.02.2016

9.00 am	Registration	
10.00am	Invocation	
10.05am	Welcome Address	Dr R. Narayanakumar Principal Scientist and Head, SEETTD, CMFRI
10.10	About the training programme	Dr.Shyam.S.Salim, Senior Scientist, SEETTD
10.15	Introduction of the participants	
10.20	Presidential address	Mrs. C.R. Sathiavathy Executive Director , SAF
10.25	Training Programme Inauguration and Inaugural Address	Dr. A. Gopalakrishnan Director CMFRI
10.30	Vote of thanks	Dr P. S. Sivaprasad Technical Assistant ,SAF

National Anthem



CENTRAL MARINE FISHERIES RESEARCH INSTITUTE
(Indian Council of Agricultural Research)



Capacity Building Training Programme-Theeranaipunya II
INAUGURAL PROGRAMME

05.11.2016

9.00 am	Registration	
10.00am	Invocation	
10.05am	Welcome Address	Dr Vipinkumar. V .P Principal Scientist, SEETTD
10.10	About the training programme	Dr. Shyam.S.Salim, Principal Scientist, SEETTD
10.15	Introduction of the participants	
10.20	Presidential address	Ms. C.R. Sathivathy Executive Director , SAF
10.25	Training Programme Inauguration and Inaugural Address	Dr. R. Narayanakumar Director(i/c) CMFRI
10.30	Vote of thanks	Dr Maja Jose Assistant Director (Training) ,SAF
		National Anthem

Annexure IV



CENTRAL MARINE FISHERIES RESEARCH INSTITUTE
(Indian Council of Agricultural Research)&
Government of Kerala- Department of Fisheries



SOCIETY FOR ASSISTANCE TO FISHERWOMEN (SAF)

**Capacity Building Training Programme -Theeranaipunya
PARTICIPANTS EVALUATION PROFORMA**



1.	Name (IN BLOCK LETTERS)	
2.	Age and Date of birth	
3.	Mobile No:	
4.	Email address	
5.	Address	

General impression: Please tick (✓) in the appropriate column you consider best

Impression	Very well satisfied	Partially satisfied	Partially dissatisfied	Dissatisfied	Very much dissatisfied
1. How satisfied are you with the general arrangement of the training programme?					
2. How satisfied are you with the extent of laboratory facilities which were available for the training programme?					
3. How helpful is your participation in decision making and planning of such a programme in future?					
4. How satisfied are you with the behaviour and style of your teachers?					

Given below are some of the important areas-----please tick (✓) one that interests you most (in a score from 1 to 5) - 5- Most interested

Area	Interest	Area	Interest
Discover and Empower yourself		Career planning	
Self-Image, Self Defence and Self Esteem		Stress Management	

Personality Development		Success strategies	
Motivation		Work Life Balance	
Creativity and Creative thinking		Women rights and empowerment	
Public speaking and Listening		Communication	

Given below are the major areas of talks and practical covered in Theeranaipunya Training Program. Please rate the theory and practical sessions as, (Poor -1, Average -2, Good - 3, Very good- 4, and Excellent -5)

Sl.no	Lecture	Faculty	Content	Presentation	Discussion	Overall
1.	Skill enhancement and Capacity Development of fisher youth	Dr. Shyam S Salim				
2.	Training programme ex ante assessment	Dr. Shyam S Salim				
3.	Key note	Ms. Sathiavathy,C.R				
4.	Knowing yourself	Dr. Shyam S Salim				
5.	Self-appraisal & Need assessment	Dr. Shyam S Salim				
6.	Discover yourself	Mr. Binu Kaliyadan				
7.	Empower yourself	Mr. Binu Kaliyadan				
8.	Need for empowerment	Mr. Binu Kaliyadan				
9.	Motivation	Mr. Binu Kaliyadan				
10.	Alternate livelihood option	(SAF - Mr.Mathew A.K)				
11.	Goal setting	Dr.Rajool Shanis				
12.	Building Self : Confidence and Competence	Dr. Shoji Joy Edison				
13.	Self Esteem	Ms. Maja Jose				

14.	Attitude and attainment	Dr. Vipinkumar V P				
15.	Values for a successful career and life	Dr.Aswathy.N				
16.	Decision making	Ms. Dhanya G				
17.	Art of positive thinking	Ms.Livi Wilson				
18.	Know your Aptitude	Dr. Vipinkumar V P				
19.	Effective ways of motivation	Mr. Binu Kaliyadan				
20.	Effective communication means and methods	Dr. Vipin Kumar V P				
21.	Problem Solving	Ms. Deepa P N				
22.	Sphere of 3Ds(Discipline, Dedication, Determination)	Dr.Grinson George				
23.	Critical thinking	Ms. Manjusha U				
24.	Leadership -Qualities ,Skills	Dr. V Kripa				
25.	Successful career and its attributes	Dr. Sandhya Sukumaran				
26.	Empathy	Dr.Shyam.S.Salim				
27.	Cultivating Burning desires	Dr. Ashalatha				
28.	Good manners	Ms.Reshma K.J				
29.	Success Strategies	Ms. Pearly Antony				
30.	Stress management	Dr.Ajith Thomas				
31.	Customer Relationship	Dr.Ajith Thomas				
32.	Listening skills/ Public Speaking	Dr. C Ramachandran				
33.	Analyzing customer needs and customer satisfaction	Mr.Rameez Rahman				

34.	Fisher community welfare	Mr. Charles George				
35.	Work Life Balance	Dr.Shyam.S.Salim				
36.	Woman rights and empowerment	Ms. Smitha Sinjo				
37.	Performance appraisal	Dr. Mini Sekharan				
38.	SWOT- of fisherwomen	Dr. Shinoj.P				
39.	How to overcome barriers	Ms. Reeja Fernandez				
40.	Anger Management and conflict resolution	Ms. Reeja Fernandez				
41.	Government plans and programmes for women	Dr. Sreelu. N.S				
42.	Personal Hygiene	Dr. Rakhy Shyam				
43.	Health and habits	Ms. Smitha K				
44.	Indigenous knowledge	Ms.K.P.Salini				
45.	Creativity	Dr. Sumithra .T.G				
46.	Group dynamics	Ms. Thankam Teresa Paul				
47.	EQ (Emotional Quotient)	Dr. Shyam S Salim				
48.	Creative thinking	Dr.Divya.P.R				
49.	Communicative English	Mr. Rahul G Kumar				
50.	Official language- Hindi - Verbal	Ms.Uma E.K				
51.	Official language- Hindi - No Verbal	Ms.Uma E.K				
52.	Passion Quotient	Dr. Shyam S Salim				
53.	Communicative English	Dr. Miriam Paul				
54.	Instructional and Non instructional Responsibilities	Ms. Pearly Antony				

55.	Talent development Strategies	Dr. K.K.Bineesh				
56.	How to influence people	Dr. Sandhya Sukumaran				
57.	Interpersonal skills	Dr.Shyam.S.Salim				
58.	How to handle Criticism	Mr. Sunil P V				
59.	Stop worrying and start living	Ms. Remya. R				
60.	Microenterprises: Marketing skills and strategies	Mr. P.S.Sivaprasad				
61.	Monetary management	Mr. P S Harshakumar				
62.	Time Management, Resource and priorities	Dr. Mary Metilda				
63.	Personal Time Management Skills	Ms. Athira N R				
64.	Facilitation	Dr.Jeena N.S				
65.	Time bounded planning towards success	Mr.Soloman K				
66.	Personality Development	Dr.NikithaGopalan				
67.	Career planning	Dr.Grinson George				
68.	Aquaponics	Ms. Ann Mary Jephy				
69.	Self-Image ,Self Defence (DrRekha G Nair)	Ms. Rekha. G. Nair				
70.	Financing women businesses	Mr.Roshan				
71.	Levels of motivation	MsBindu Antony				
72.	Ornamental fish culture	DrK. Madhu				
73.	Value added fish products	Dr. Bincy.P.K				
74.	Cage aquaculture	Dr. Bobby Ignatius				

75.	Mussel farming	Mr. P.S.Aloysius				
76.	Oyster farming	Ms.Vidhya.R				
77.	Backyard Poultry farming	Dr. Pradeep M A				
78.	Fish farming	Dr.Vikas.P.A				
79.	Integrated fish farming	Ms. Ann Mary Jephy				
80.	Basic Statistics and Computational Skills	Dr.T.V.Sathianandan				
81.	Computational skills	Ms. Safeena P.K				
82.	Evolving fisherwoman livelihoods to businesses	Dr. Shyam. S. Salim				
83.	Introduction to Computers	Dr.Mini.K.G				
84.	Word /excel/PowerPoint	Dr. Somy Kuriakose				
85.	Practical session	Mr. Manu V.K				
86.	Internet and creating Email address	Dr.Mini.K.G				
87.	Imparting Audio visual skills	Mr Abhilash.PR				
88.	Practical session-Photoshop	Mr Abhilash.PR				
89.	Practical session	Mr.Manjeesh .R				
90.	Time bound planning towards success	Mr.Solomon .K				
91.	Communication skills- Interactive presentations-I	Dr. Shyam. S. Salim				
92.	Communication skills- Interactive presentations-II	Dr. Shyam. S. Salim				
93.	Communication skills- Interactive presentations-III	Dr. Shyam. S. Salim				

94.	Communication skills- Interactive presentations-IV	Dr. Shyam. S. Salim				
95.	Experiential training	Dr. Shyam. S. Salim				
96.	Experiential training and placements	Dr. Shyam. S. Salim				
97.	Training programme ex post evaluation	Dr. Shyam. S. Salim				
98.	Wrap up session and feedback	Dr. Shyam. S. Salim				

Could you satisfy yourself with the amount of participation in most of the discussions towards the end of lectures? (Tick the reasons)

Yes always	
Yes, but not only sometime	
No. if no, then please indicate the reasons:	
Lack of time	
There was nothing important to discuss	
Questions were embarrassing to speakers	
Any other (Please specify)	

Please spell out most important purpose of attending this Theeranaipunya Training Program

(i)	
(ii)	
(iii)	
(iv)	
(v)	

How was the daily programme? Tick the appropriate one:

Very tight	Tight	Light	Very light	Comfortable

If you think that some more topics and/or techniques should have covered in the Theeranaipunya Training Program, then please list the topics and techniques that could be added

(i)	
(ii)	
(iii)	

Were you satisfied with the duration of the Theeranaipunya Training Program? -

Yes / No If No then how many days could be ideal. _____

What is your overall opinion about the Theeranaipunya Training Program?

(In a score of 1- 10 and cite reasons for the score and suggestions to improve

--

Thank you all .Have a great career and life ahead.....

GUIDELINES AND DELIVERABLES FOR THE EXPERIENTIAL TRAINING

Guidelines:

Experiential learning (job training) as a part of Theeranipunya training program has been arranged with reputed organizations, such as yours for creating resourceful short term career and to develop trainees' entrepreneurial skills; thus exposing the trainees to varied institutional experiences and organizational setups.

It is to be noted that the guidelines are not rigid and can be flexible to suit the organisation's functioning, however keeping in mind the fact that trainees' skill be improved.

Working period:

The training at your institution is to be for a period of one month, starting from 7th Dec 2016 -up till 6th Jan 2016. The list of holidays followed by your institution is applicable to the trainee as well.

Working hours:

Ideally the working hours is to be between 09.30 hrs and 17.00 hrs with admissible breaks

Work plan:

- The trainees is expected to know the functioning of the institute
- Exposed to hands on training
- Specialising an area of interest / qualification
- Meeting people and rapport building
- Soft skill development

Deliverables

- Attendance certificate
- Wok report duly attested by the Supervisor from your organisation
- Certificate of merit / Letter of appreciation on the conduct of the trainee
- Work experience certificate (if admissible)

TRAINING PROGRAMME EVALUATION

Name of the trainee					
Trainee Code	TEKM-01-				
Email address				Mob. No:	
Score:	Pre		Post		

Kindly ✓ Mark Whichever Found Relevant (T- True, F - False, U-Unaware)

Sl. No	STATEMENT	TEKM -01-			TEKM- 01-		
		POST TRAINING			PRE TRAINING		
		T	F	U	T	F	U
SELF-APPRAISAL & NEED ASSESSMENT							
1.	Physiological need is the basic need of humans						
UNDERSTANDING AND IMPROVING SELF							
2.	Heredity and the environment does not shape our personalities						
3.	SWOT analysis is a planning method used to evaluate the strength, weakness, opportunities and threat						
4.	Self-esteem does not allow people to face life with more confidence						
5.	"To find yourself first learn about yourself."						
6.	Personality development is the ability of individuals to recognize their own and other people's emotion.						
7.	High self-esteem means bad opinion about you.						

8.	Emotional intelligence (EQ) is a better predictor of success than intelligence quotient (IQ).							
ATTITUDE								
9.	Negative thinking is a mental attitude in which you expect good and favourable results.							
MOTIVATION								
10.	PQ is otherwise known as Passive Quotient							
11.	Sphere of 3Ds in the context of motivation (Discipline, Dedication, Determination)							
SKILL DEVELOPMENT								
12.	Creative thinking help think and argue independently.							
13.	Empathy is the ability to understand the emotional makeup of other people.							
PERSONAL HYGIENE								
14.	Normal blood oxygen levels in humans are considered 95-100 percent.							
15.	After meals you should not lie down on your back							
16.	Common cold is caused by virus							
17.	Exercising regularly will help to reduce fat content in our body							
18.	Oncology is the study of cancer cells							
19.	Tulsi is not good for respiratory diseases							
20.	A normal human possesses roughly 5litre of blood							
21.	You should not blink your eyes often when working with computer							
22.	Long sight is otherwise known as myopia							
23.	Adults need to <i>drink at least 1.5 litres of water a day.</i>							
24.	Using high heeled sandals is not good for health							
LEADERSHIP								
25.	Sexual Harassment of Women at Work Place Act, 2013, enacted to ensure safe working spaces for women.							

26.	Asking or giving dowry is not punished by imprisonment as well as fine.							
27.	For a doctor instructional responsibility is to teach							
28.	International women's day celebrated on April 8 th							
29.	Failure is the achievement of something desired, planned or attempted.							
30.	Responsibility may be defined as an individual's obligation to carry out assigned duties.							
31.	Stress is not a reason for worry							
32.	Prathibha Patel was the first woman prime minister of India							
33.	Interpersonal conflict refers to conflict between two or more nations.							
34.	Women are increasingly represented in the work force, but still they face challenges balancing work and home life.							
35.	Leadership is the ability of an individual or organization to "lead" or guide other individuals, teams, or entire organizations.							

COMMUNICATION								
36.	Global warming causes decrease in temperature							
37.	The social process by which people interact with each other in small groups can be called group dynamism							
38.	The deadliest Tsunami recorded in Kerala took place on 26 Dec 2006							
39.	Leadership, communication and systems are the three most important ingredients to make a great business.							
40.	The social process by which people interact with each other in small groups can be called group dynamism.							
41.	Smaller groups are advantageous than larger groups in group dynamics							
42.	Videoconferencing is not a communication system.							
43.	Public speaking is the formal, face-to-face talking of a single person to a group of listeners.							
44.	Hearing, understanding and judging are not the basic steps in listening process.							

45.	Crossing your arms, avoiding eye contact, or tapping your feet are signs to effective communication.							
46.	Communication is the act of transferring information from one place to another, through vocal, written, visual or non-verbal							
47.	Creativity do not turn new and imaginative ideas into reality.							
COMMUNICATIVE LANGUAGES								
48.	Communicative English helps in grammatical perfection rather than communicating the meaning of the message .							
49.	Language does not communicate ideas from one person to another.							
50.	Hindi is one of the official languages of the Union of India.							
51.	Did Malayalam get Sreshta bhashapadavi?							
CAREER GUIDANCE								
52.	Career guidance does not aims to assist the employees informed about career decisions							
53.	Career is the position held by an individual throughout his work life							
54.	Performance appraisal is a method by which the job performance of an employee is documented and evaluated.							
55.	Smart work does not save time .							
56.	The more contacts you have in the marketplace, the more likely it is you will find the job you want.							
CUSTOMER CARE								
57.	CRM stands for Coastal Regulation Management							
58.	Customer feedback does not help to fix problems and identify successes in a business							
59.	SAF helps in economic empowerment of Fisher men							
60.	Two ways of understanding customer needs are interviews and surveys.							
61.	SAF assist the fisher women technically/financially to start new micro enterprises.							
62.	Monetary management is the process of budgeting, saving, investing and spending the cash usage of an individual or group.							

INTERPERSONAL RELATIONSHIP								
63.	Criticism does not give the opportunity to learn and improve from other people's suggestions.							
64.	Facilitation is any activity that makes tasks for others difficult.							
65.	Interpersonal skills (soft skills) are used every day and in every area of our lives.							
66.	Being friendly doesn't influence people.							
67.	Interpersonal skills are also referred to as: soft skills, communication skills or life skills.							

TIME MANAGEMENT								
68.	Time management is the amount of time you spend on which activities							
69.	Time and tide waits for none							
70.	Listing duties doesn't save time.							
FISHERIES ENTERPRISES AND EMPOWERMENT OPPORTUNITIES								
71.	Mussels are called Kallumakkaya in malayalam							
72.	Sathar Island is in Ernakulam district							
73.	Clown fish is an ornamental fish							
74.	CMFRI-central marine fisheries regulation institute							
75.	SAF was formed in the year 2005							
76.	Oil sardine/Mathi is the state fish of Kerala							
77.	Nirbhaya (fearless) is an initiative of the Kerala government, to guarantee security for women and children							
78.	Kudumbashree is a male-oriented, community-based, poverty reduction project of the Government of Kerala.							
79.	Kadalmuringa is called oyster.							
80.	Mussel farming is not practiced in Ernakulam district							
81.	Meat chickens, commonly called broilers.							
82.	Poultry farming is the raising of domesticated animals for the purpose of farming meat							
83.	Prime Minister's RozgarYojana (PMRY) is the scheme is designed to create and provide self-employment opportunities to educated unemployed youth.							

84.	ICDS stands for Institute for Child Development Services							
85.	Fish farming involves raising fish commercially in tanks or enclosures, usually for food.							
COMPUTER TRAINING								
86.	Mean and average are different							
87.	Range is not the minimum and maximum values in a sample							
88.	Median is the middle value of a group of measurement.							
89.	Ms Word helps in slide-based presentation.							
90.	JPEG used in image file formats.							
91.	Ctrl+A is used to select all contents of the page							
92.	Word /excel/PowerPoint comes together in Ms Office							
93.	Google is not a search engine							
94.	MS excel helps in calculations in computer							
95.	PowerPoint has rows and columns to organize data manipulations.							
96.	WWW is World Wide Web							
97.	Ctrl+ C is used to paste the copied contents of the page							
98.	HTML is Hypertext Mark-up Language							
99.	Ctrl+V is used to copy contents of the page							
100.	Monitor is the heart of the computer							

Annexure VII

Video Coverage

Sessions- Theeranaipunya I



Sessions- Theeranaipunya II



Cultural Programmes - Theeranaipunya I



Cultural -Theeranaipunya II



Valedictory Function- Theeranaipunya I



Valedictory Function- Theeranaipunya II



Exposure & Media Coverage

Empowering fishers

SPECIAL
CORRESPONDENT

KOCHI: The Central Marine Fisheries Research Institute (CMFRI) has launched the second phase of Theeranaipunya, a two-month training programme for skill enhancement and capacity development of fisher youth. The CMFRI is organising the programme with the support of the Society for Assistance to the Fisherwomen (SAF), functioning under the Kerala State Fisheries Department.

Executive Director of the society C.R. Satyavathi inaugurated the training programme on Saturday.

The programme focuses on skill development and imparting job training to girls from the fishing community. In the first month, training will be given on higher education, job skills, personality development, leadership, entrepreneurship, communication skills, capacity development in competitive examinations, etc., to the participants.

Field training will be

CMFRI's
Theeranaipunya
programme
focuses on skill
development

provided to the participants in educational or technical institutions, business firms and other workplaces opted by the participants according to their aptitude.

The first phase of Theeranaipunya conducted from February to April this year was a success, said a press release from CMFRI here. Most of the participants secured jobs in tune with their educational qualifications.

Principal scientist and course director of Theeranaipunya Shyam S. Salim said the programme was part of CMFRI's involvement in social responsibility activities. Around 70 faculty members within and outside the institute will lead classes on various topics. Yoga practices and cultural programmes have also been scheduled as part of the programme, he said.

CMFRI initiative to empower fisherwomen begins



Express News Service

The Central Marine Fisheries Research Institute (CMFRI) has launched phase-II of 'Theeranaipunya', a two-month training programme for skill enhancement and capacity development among fisherwomen, in the State.

The CMFRI is organising the programme with support of the Society for Assistance to the Fisherwomen (SAF) under the Department of Fisheries.

'Theeranaipunya' focuses on skill development and imparting on-job training to girls hailing from the fisherwomen community. In the first month, training will be imparted to participants on higher education, job skills, personality development, leadership, entrepreneurship, communication skills and skill development for competitive examinations. The participants will also be given training at educational/technical institutions, companies, business firms and work places of their choice.

Almost all those participated in phase-I of the project, which was held in the February-April period this year, secured jobs according to their educational qualifications. The training programme was inaugurated by SAF executive director C.R. Satyavathi on Saturday.

CMFRI principal scientist and course director Shyam S. Salim said the programme was part of the CMFRI's social responsibility initiatives. Around 70 faculty members from within and outside the Institute will lead classes on various subjects.

INDIAN EXPRESS Mon, 07 November 2016
epaper.newindianexpress.com/c/

THE TIMES OF INDIA

Training for fisher youth:

The Central Marine Fisheries Research Institute (CMFRI) has launched the second phase of 'Theeranaipunya', a two-month training programme for skill enhancement and capacity development of fisher youth.

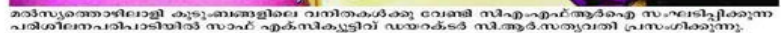
DECCAN Chronicle

Central Marine Fisheries Research Institute has launched 'Theeranaipunya', a fisherwomen empowerment programme.



— Dr A.
Gopalakrishnan,
director

● **തന്മൂലത്താഴിലാളി സ്ത്രീകളുടെ സാമൂഹിക-സാമ്പത്തിക ശാക്തീകരണം ലക്ഷ്യമിട്ടുള്ള പദ്ധതി**

[illegible]

ഇതിനകം തൊഴിൽ ലഭിച്ചിട്ടുണ്ടെന്ന് കോഴ്സ് ഡയറക്ടറും സി.എ. എഫ്.ആർ.ഐ പ്രിൻസിപ്പൽ സയന്റിസ്റ്റുമായ ഡോ. ശ്യാം എസ്.

സമീപപരഞ്ഞു.
ഡോ. വിപിനീ കുമാർ, ഡോ വി
കൃപ, പി.രാജാ ജോസ് എന്നിവർ
പ്രസംഗിച്ചു.

മംഗളം

RECEIVED

ക സാധ്യമായതും കൈവരിക്കുന്നതിനുമുമ്പെങ്കിൽ തീർത്ത് കഴിവാൻ വിമുക്തിയില്ലെന്നതായിരിക്കണം പരിശീലന പരിപാടിയിൽനിന്നും ഉൾക്കൊള്ളേണ്ട അടിസ്ഥാനപരമായ ഒരു കാര്യം. പരിശീലന പരിപാടിയിൽനിന്നും ഉൾക്കൊള്ളേണ്ട അടിസ്ഥാനപരമായ ഒരു കാര്യം. പരിശീലന പരിപാടിയിൽനിന്നും ഉൾക്കൊള്ളേണ്ട അടിസ്ഥാനപരമായ ഒരു കാര്യം.

[illegible][illegible][illegible][illegible][illegible][illegible]



മത്സ്യത്തൊഴിലാളി സ്ത്രീ ശാക്തീകരണം: 'തീരനെപുണ്യ' പരിശീലനം തുടങ്ങി

കൊച്ചി: മത്സ്യത്തൊഴിലാളി സ്ത്രീകളുടെ സാമൂഹിക-സാമ്പത്തിക ശാക്തീകരണം ലക്ഷ്യമിച്ച് കേന്ദ്ര സമുദ്രമത്സ്യ ഗവേഷണ സ്ഥാപനം (സി.എം.എഫ്.ആർ.ഐ) നടത്തുന്ന 'തീരനെപുണ്യ' ബഹുസ്വര പരിശീലന പരിപാടിക്ക് കൊച്ചിയിൽ തുടക്കമായി. ഫിഷറീസ് വകുപ്പിന് കീഴിലെ മത്സ്യത്തൊഴിലാളി വനിതാ സഹായക സഹായ വുമായി (സാഫ്) ചേർന്നാണ് സി.എം.എഫ്.ആർ.ഐ മത്സ്യത്തൊഴിലാളി കുടുംബങ്ങളിലെ തുറമുഖികൾക്ക് മറ്റ് മാസത്തെ പരിശീലനം നൽകുന്നത്. സാഫ് എക്സിക്യൂട്ടീവ് ഡയറക്ടർ സി.ആർ. സത്യവതി ഉദ്ഘാടനം ചെയ്തു. തുടർവിദ്യാഭ്യാസ രൂപതയുടേതും, ഞാഴിൽ വൈദഗ്ധ്യം, വ്യക്തിത്വ വികസനം, മനോധർമ്മശാസ്ത്രം, സാംസ്കാരികം, ആശയവിനിമയ ശേഷി, മത്സരപരീക്ഷ പരിജ്ഞാനം തുടങ്ങിയ ഓറാലി ധ്യമായ മേഖലകളിലാണ് പരി

ശീലനം നൽകുന്നത്. ആദ്യത്തെ ഒരു മാസം 70 ഓളം വിദഗ്ദ്ധരുടെ മേൽനോട്ടത്തിൽ ക്ലാസ്സും പരിശീലനവും തൊട്ടടുത്ത മാസം തെരഞ്ഞെടുത്ത മേഖലകളിൽ പ്രായോഗിക പരിശീലനവുമാണ് നൽകുക. തീരനെപുണ്യ പദ്ധതിയുടെ ഐക്യമണ്ഡലമാണ് ഇപ്പോഴത്തെത്. ഫെഡറലി-ഏഷ്യൻ കാലതാളത്തിൽ ഒന്നാം ഘട്ടത്തിൽ പരിശീലനം ലഭിച്ച ഭൂരിഭാഗത്തിനും തൊഴിൽ ലഭിച്ചു. മത്സ്യമേഖലയുമായി സാമൂഹിക പ്രാധാന്യമുള്ള പദ്ധതികൾ നടപ്പാക്കുന്നതിന്റെ ഭാഗമാണ് തീരനെപുണ്യ പരിശീലന പദ്ധതിയെന്ന് കേന്ദ്ര സമുദ്രമത്സ്യ ഗവേഷണ സ്ഥാപനം സി.എം.എഫ്.ആർ.ഐ പ്രിൻസിപ്പൽ സെക്രട്ടറി സുധാമുഖ്യം സി.എസ്. സിംഹ പറഞ്ഞു. ഡോ.വി.പി. കുമാർ, ഡോ.വി. കൃഷ്ണ, മാജാ മോസ് എന്നിവർ സംസാരിച്ചു.

തീരനെപുണ്യ: 28 വനിതകൾ പരിശീലനം പൂർത്തിയാക്കി

കൊച്ചി > മത്സ്യത്തൊഴിലാളി കുടുംബങ്ങളിലെ വനിതകൾക്ക് കേന്ദ്ര സമുദ്രമത്സ്യ ഗവേഷണ സ്ഥാപനത്തിന്റെ (സി.എം.എഫ്.ആർ.ഐ) ശാക്തീകരണ പാഠം. മത്സ്യത്തൊഴിലാളി സ്ത്രീകളുടെ സാമൂഹിക സാമ്പത്തിക ശാക്തീകരണത്തിന് വഴിയൊരുക്കുന്ന ബഹുമുഖ പരിശീലന പരിപാടിയാ തീരനെപുണ്യ പദ്ധതിയിൽ 28 വനിതകൾക്കാണ് ഉപരിപാഠം, തൊഴിൽ, വ്യക്തിത്വവികസനം തുടങ്ങിയ മേഖലകളുമായി ബന്ധപ്പെട്ട് പുതിയ പാഠങ്ങൾ പാഠാൻ അവസരം ലഭിച്ചത്.

ഫിഷറീസ് വകുപ്പിനുകീഴിൽ പ്രവർത്തിക്കുന്ന മത്സ്യത്തൊഴിലാളി വനിതാ സഹായകസംഘവുമായി (സാഫ്) ചേർന്നാണ് സി.എം.എഫ്.ആർ.ഐ രണ്ടുമാസത്തെ പരിശീലന പരിപാടി സംഘടിപ്പിച്ചത്. ആദ്യത്തെ ഒരുമാസം 70 ഓളം വിദഗ്ദ്ധരുടെ മേൽനോട്ടത്തിൽ ക്ലാസ്സും പരിശീലനവും അടുത്തമാസം അംഗങ്ങളുടെ അഭിരുചിക്കനുസരിച്ച് തെരഞ്ഞെടുത്ത മേഖലകളിൽ പ്രായോഗിക പരിശീലനവുമാണ് നൽകിയത്. തദ്ദേശസ്ഥാപനങ്ങൾ, ഫിഷറീസ് സ്റ്റേഷൻ, ആശുപത്രി, ബിസിനസ് സംരംഭങ്ങൾ, സകാര്യസ്ഥാപനങ്ങൾ എന്നിവിടങ്ങളിൽ അംഗങ്ങൾക്ക് സ്മാരകപരിശീലനം നൽകി. പരിശീലനത്തിലൂടെ ലക്ഷ്യബോധം കൈവരിക്കാനായെന്ന് പദ്ധതിയിലെ മികച്ച അംഗമായി തെരഞ്ഞെടുത്ത എം എസ് സൗമ്യ പറഞ്ഞു. പരിശീലനത്തിനു ശേഷമുള്ള തുടർപ്രവർത്തനങ്ങളിലും തൊഴിലന്വേഷണങ്ങളിലും പദ്ധതിയിൽ പങ്കാളികളായവർക്ക് സി.എം.എഫ്.ആർ.ഐയുടെ സഹായമുണ്ടാകും.



തീര നെപുണ്യ പരിശീലന പരിപാടിയിൽ പങ്കെടുത്തവർ

തീര നെപുണ്യ പദ്ധതി സമാപിച്ചു

കൊച്ചി: മത്സ്യത്തൊഴിലാളി കുടുംബങ്ങളിലെ തീരത്തെടുത്ത വനിതകൾക്ക് സാമൂഹിക, സാമ്പത്തിക ശാക്തീകരണത്തിന് വഴിയൊരുക്കുന്ന തീരനെപുണ്യ പരിശീലന പദ്ധതി സമാപിച്ചു. കേന്ദ്ര സമുദ്രമത്സ്യ ഗവേഷണ സ്ഥാപനത്തിന്റെ (സി.എം.എഫ്.ആർ.ഐ) നേതൃത്വ

ത്തിൽ സംഘടിപ്പിച്ച രണ്ട് മാസത്തെ പരിശീലനത്തിൽ 28 പേരാണ് പങ്കെടുത്തത്. പങ്കാളികൾക്ക് ജീവിതത്തിന്റെ വിവിധ മേഖലകളിലായി പല വിഷയങ്ങളിൽ വിദഗ്ദ്ധപരിശീലനങ്ങൾ നൽകുന്നതായിരുന്നു പരിപാടി. മത്സ്യത്തൊഴിലാളി വനിതാ സഹായക സംഘത്തിന്റെ

(സാഫ്) സഹകരണത്തോടെയായിരുന്നു പരിശീലനം. പങ്കെടുത്തവരിൽ നിന്ന് മികച്ച അംഗമായി സൗമ്യ എം.എസിനെ തിരഞ്ഞെടുത്തു. ഡയറക്ടർ ഡോ. എ. ഗോപാലകൃഷ്ണൻ, തീര നെപുണ്യ പദ്ധതി കോഴ്സ് ഡയറക്ടർ ഡോ. ശ്യാം എസ്. സലീം തുടങ്ങിയവർ സംസാരിച്ചു.









ICAR-Central Marine Fisheries Research Institute

Post Box No: 1603, Ernakulam North P.O.

Kochi – 682018, Kerala, India

www.cmfri.org.in